

Dual diagnosis

Many of our services work in partnership to provide expert support for individuals with a dual diagnosis.

By understanding the relationship between mental health issues and substance misuse we are able to provide person-centred support for individuals with complex needs.

CIC's experience in providing over two decades of support for individuals with mental health concerns ensures that we have the necessary expertise to provide holistic treatments for individuals with a dual diagnosis



Addictions Services



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putting individuals first ...

Contact CIC Central Office:

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First steps...

Taking the first step towards tackling an alcohol problem can be daunting, but CIC are here to provide you with treatment and support to move from crisis to recovery.

CIC are a national social care charity; our addictions services work to help people who want to tackle their substance misuse problems and regain control of their life.



The right package for you

We aim to respond quickly once you contact us. Within a few days of referral to one of our services we will arrange a first appointment and assessment with you.

By working with a wide range of professional and partner agencies, including GPs, social and health care services, probation, housing associations, training agencies and employers, we can find the right support package to meet your needs.

Our support...

We provide friendly, non-judgmental support that works to address the issues related to substance misuse. We offer a comprehensive package of support including:

- **assessment, advice & information**
- **one-to-one treatment sessions**
- **group work**
- **support for your family**
- **relapse prevention**
- **referral to other agencies that can offer you additional support**
- **telephone support**
- **visits to your home**
- **brief intervention**
- **Black Box – Biophysical Solutions treatment system.**

Changing treatment practices

At CIC Addictions Services we continually review our treatment practices and place emphasis on helping you to get back on your feet and get on with your life. Our focus is always on your needs and we are always looking to find innovative ways to deliver treatment and support in a way that suits you best.

Innovative treatments

CIC's Addictions Services offer Bio-Physical Solutions (sometimes known as 'Black Box'). This non-invasive electro-acupuncture treatment provides an effective, drug free alternative to detoxification, helping to manage stress, reduce cravings for substances and restore normal sleep patterns.

Support and counselling

Our skilled and experienced staff offer advice, support and one-to-one assessments to help you find ways to make the changes you want, so you can get on with your life. We adapt our support as you progress in your personal development and have access to a wide network of services. If you need it, we can refer you to other specialist counselling agencies, for example: bereavement, domestic abuse, etc.