

THE STAYING STOPPED PROGRAMME

AN HOLISTIC APPROACH TO RECOVERY

WHY THE STAYING STOPPED PROGRAMME

At Six we believe that an holistic, mentor lead 12-week Staying Stopped Programme, where you also receive 12-weeks of counselling gives you the strongest possible platform to begin your recovery journey, and STAY STOPPED!



HOW IT WORKS

At Six, we believe that recovery is most effective when approached holistically.

Our 12-week Staying Stopped Programme, led by experienced mentors and supported by 12 weeks of counselling, provides one of the strongest possible foundations for beginning your recovery journey — and for maintaining lasting change.

The programme is designed for people who:

- Do not wish to enter residential rehab,
- Have tried fellowship meetings but found them difficult to engage with, or
- Have experienced setbacks that led them back into the cycle of addiction.

We tailor the process to suit each individual. Counselling helps you explore the issues you are facing, while your mentor supports you through the practice of attending 90 fellowship meetings in 90 days. Together, we create a recovery plan at a pace that works for you, ensuring your journey feels manageable while building a solid foundation for rebuilding your life and relationships.

www.sixmha.org/staystopped

- Abstinence based.
- Entrance and Exit Assessment.
- 12 weeks of support from your Mentor/Recovery Coach.
- One-to-One therapy sessions with a hand-picked BACP registered specialist with lived experience.
- Referred to an in-house medical professional for assessment and safeguarding if necessary.
- 90 meetings in 90 days (12-week commitment to attend fellowship meetings).
- Bespoke treatment and 12-step planning.
- Access to Six's Addiction Recovery Meetings.
- Access to Six's Safe Spaces community group.
- Full aftercare plan and support.

COST

£3,600

12 weeks of therapy and mentorship, with access to all of Six's lived experience professionals and services.

We are a private and confidential external organisation.



CONTACT US

0843216 90 90

addiction@sixmha.org