

Aftercare at Nightingale Hospital

At Nightingale Hospital we understand that there can be challenges when applying the insights and skills you've acquired in treatment back in your real life. Even though we know that many of you will carry on your work with individual therapy, we would like to further help with your transition by providing these free groups for one year following your discharge from inpatient and / or day therapy programmes.

When and where is Aftercare?

Addictions Aftercare - Tuesdays 6.30-8.00pm / Room B14

General Psychiatry Aftercare - Wednesday 6.00-7.30pm / Room B14

What is the purpose of Aftercare?

Aftercare provides support and encouragement in a safe and non-judgemental environment. You are encouraged to share your feelings and experiences with the group. We welcome tribulation as well as trial. Hearing how others are beginning to conquer their problems can give hope and possibly useful ideas to others who are struggling.

There is usually a strong bond between the aftercare members, who are great at welcoming new members. It can be very useful to people just returning to work or practicing different interpersonal skills to get feedback from other members who have gone through similar experiences.

Aftercare has as much laughter at times as it has tears – often both in the same session, as people learn healthier acceptance of themselves and their feelings. Anyone who has come regularly will know that people often provide honest and sometimes direct feedback with the intent of helping others in the group who seem stuck.

How to join Aftercare?

Attendance is open to all who have been discharged in the last year and members are encouraged to take responsibility for using the time that they need and to be mindful of treating others with compassion and positive regard. We don't mind if for some reason you occasionally have to arrive late / leave early.

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