

An aerial photograph of a large, white, two-story residential building with a grey roof. The roof is covered with numerous solar panels. The building has several windows and a small entrance. A paved area with some trees and a small garden is in the foreground. A red fence is visible on the left side. The building is surrounded by greenery and trees. A purple banner is overlaid on the top right corner of the image.

CROSSREACH

Care you can put your faith in

Beechwood House Residential Recovery Centre

Have a look at what we can offer you

At Beechwood you will get a safe place to continue your recovery journey. You will benefit from support to prepare for entering Beechwood, support during your stay and again support after you leave and settle back into your life. You will gain greatly from the opportunity we have for you to live semi independently as you prepare to return home.

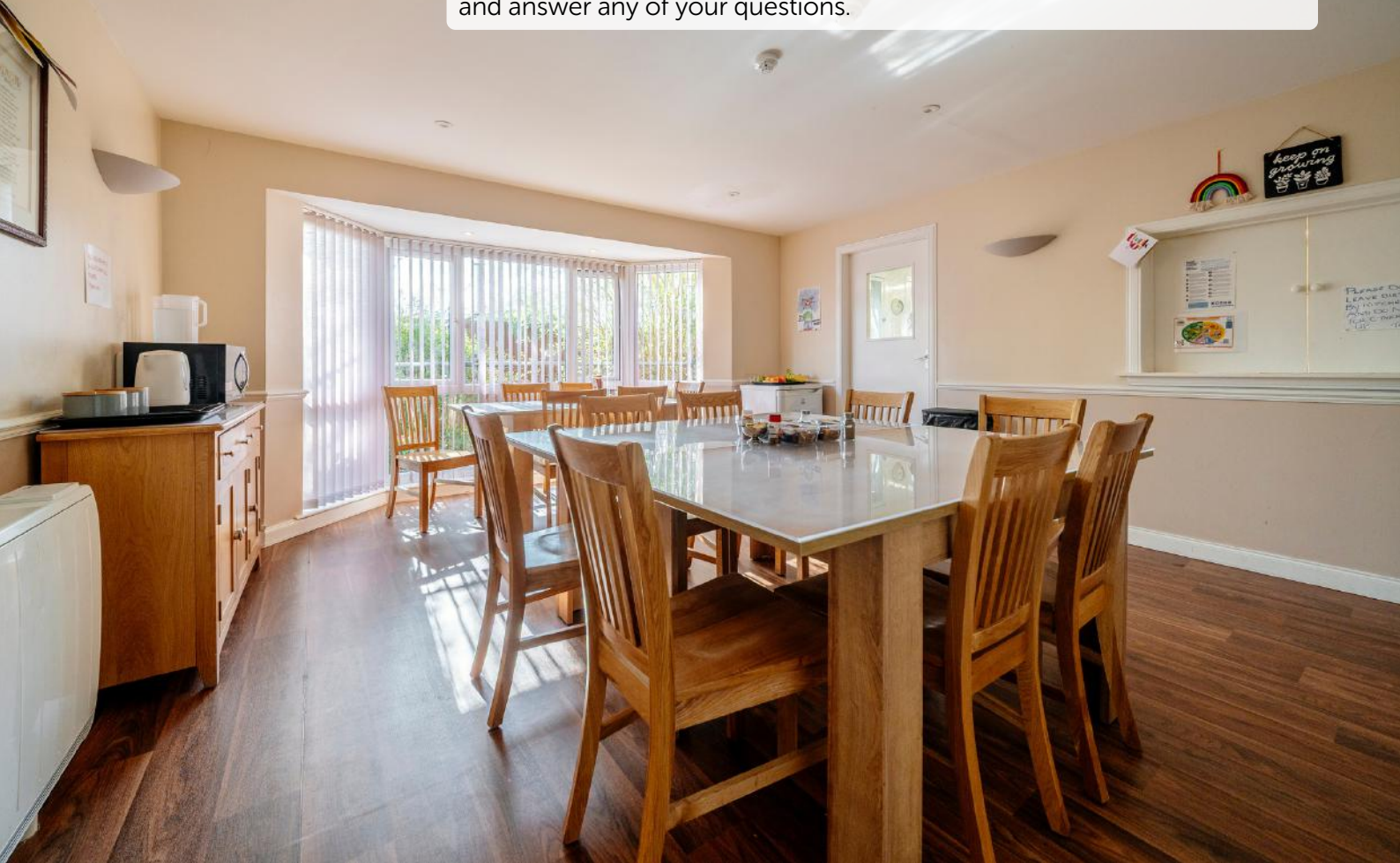


If abstinence isn't for just now we can offer community support if you live in the Inverness area.

You may feel anxious and nervous as you take this next step in your recovery journey. We understand that and have staff around 24/7 to support you. Our community worker will work with you as you prepare to make this step.



Please give us a call so we can chat to you about what you are looking for and answer any of your questions.





PLEASE KEEP
AREA CLEAR
THANK YOU

You will benefit from a 14 week programme. This includes:

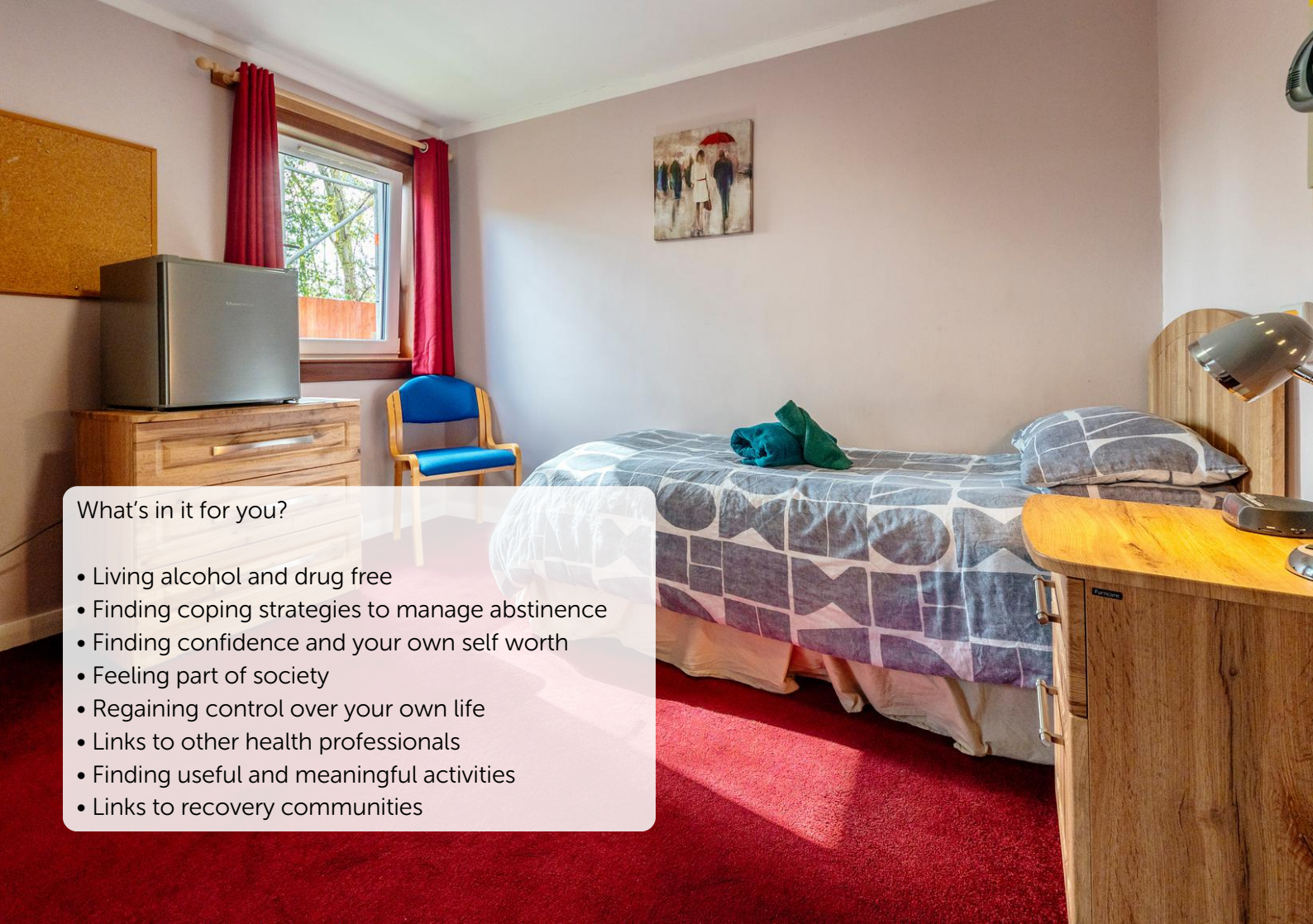
- A structured week 9-5 Monday - Friday.
- CBT based groups
- Peer mentoring from peer volunteers
- Individual tailored support through keywork meetings
- Structured exit planning and semi independent living

Your family and friends will be offered support from our Family worker before, during and following your stay with us too.



Here are some of our staff who are keen to work alongside you on your journey.
They are all SSSC registered and trained in relevant areas, including CBT group work.





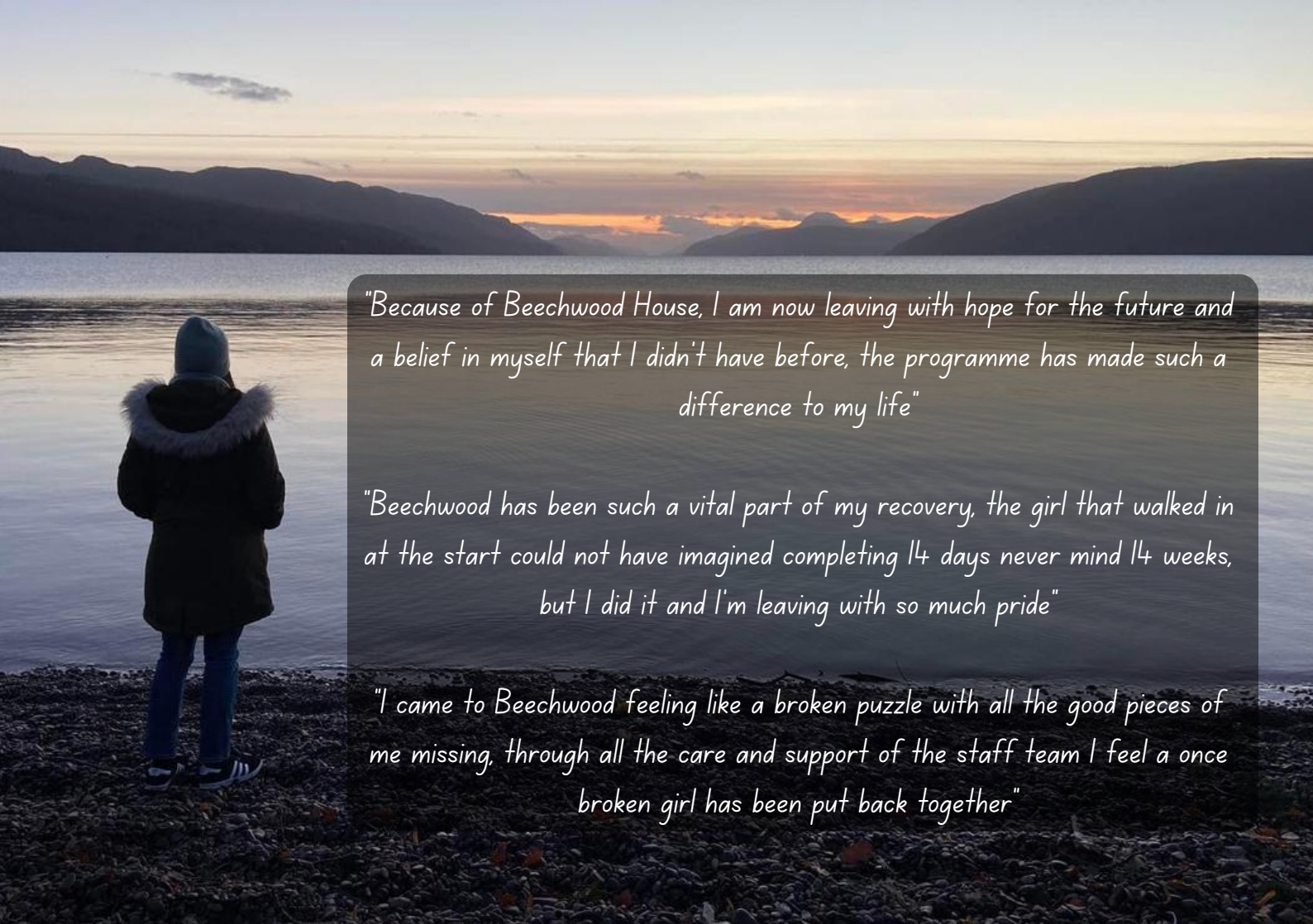
What's in it for you?

- Living alcohol and drug free
- Finding coping strategies to manage abstinence
- Finding confidence and your own self worth
- Feeling part of society
- Regaining control over your own life
- Links to other health professionals
- Finding useful and meaningful activities
- Links to recovery communities

We will invite you to meet us so we can decide together if what we offer is the best fit for you.

Please reach out if you need support to take this next step and find out who to contact.





"Because of Beechwood House, I am now leaving with hope for the future and a belief in myself that I didn't have before, the programme has made such a difference to my life"

"Beechwood has been such a vital part of my recovery, the girl that walked in at the start could not have imagined completing 14 days never mind 14 weeks, but I did it and I'm leaving with so much pride"

"I came to Beechwood feeling like a broken puzzle with all the good pieces of me missing, through all the care and support of the staff team I feel a once broken girl has been put back together"



x You've
got this

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If you have any questions, or you would like to arrange a visit, please get in touch.

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The Church of Scotland

Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

At CrossReach we have been showing the practical side of our Christian faith for over 150 years.

We advocate acceptance, inclusion and diversity. Each and every one of our services are open to all and we are proud to support people from all faiths, cultures and backgrounds.

