



Guiding Choice in Recovery

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Rehab checklist: Questions to ask before you choose

Location

- *Is the centre in a calm, natural setting that feels peaceful and away from distractions?*
- *Will I feel more supported by being close to home, or would I benefit from distance and privacy?*

Staying in the UK vs going abroad

- *Am I open to attending rehab outside the UK if it means a fresh start?*
- *What kind of aftercare is offered if I choose an overseas centre?*
- *Do I feel more at ease in familiar surroundings or is a change of environment what I need?*

Speciality

- *Does the centre have experience treating the type of addiction or issue I'm facing?*
- *If mental health is also part of the picture, do they support dual diagnosis?*
- *Will I be with people who understand what I'm going through?*

Treatment approach

- *What types of therapy are included in the programme?*
- *Do they use approaches I'm comfortable with (CBT, DBT, holistic methods, trauma support)?*
- *How structured or flexible is the treatment plan?*

Accommodation and setting

- *What is the day-to-day environment like?*
- *Will I feel safe and comfortable in the space?*
- *Are rooms private or shared, and what kind of facilities are available?*

Cost and what's included

- *What exactly does the quoted price include?*
- *Are there extra costs for specific therapies, one-to-one sessions or aftercare?*
- *Are there payment plans or funding options available?*