



## We can help

Worried about your own or someone else's alcohol or drug use?

We offer free and confidential advice, support and treatment for people in Redbridge aged 18+.

You can visit our service in person or contact us by phone or email.

Any professional, such as a housing support worker, social worker, GP or nurse can also make a referral for you.

**v-i-a**

## Get in touch

3rd Floor, Ilford Chambers, 11 Chapel Road,  
Ilford, IG1 2DR

T. 0300 303 4612

E. [R3@viaorg.uk](mailto:R3@viaorg.uk)

### Opening times

Monday 10:00-17:00

Tuesday 10:00-19:00

Wednesday 10:00-17:00

Thursday 10:00-17:00

Friday 10:00-17:00

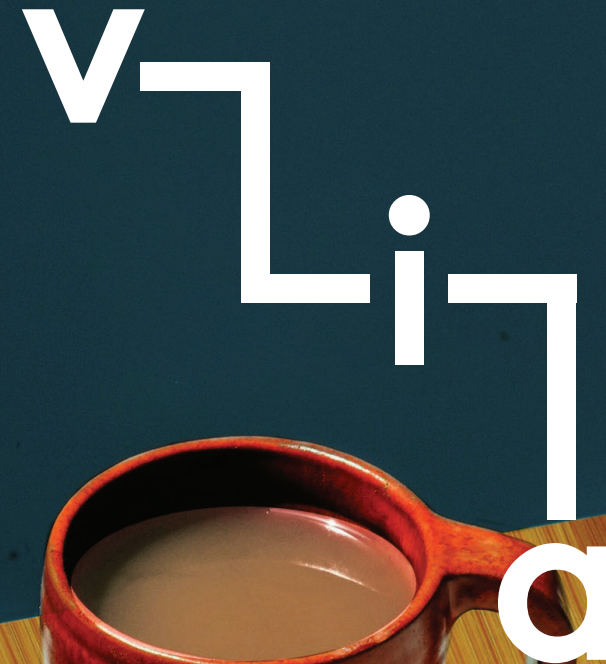


**v-i-a**  
[www.viaorg.uk](http://www.viaorg.uk)

Registered charity no.1031602  
Company no.2807934  
Limited by guarantee  
Registered in England and Wales

## Drug & Alcohol Services

R3 - Redbridge



## A-warm-welcome

Free and confidential advice, support and treatment for people in Redbridge aged 18+

## Your first visit

We'll talk about your concerns and make a plan together.

This care plan will help you reduce or stop your drug or alcohol use – making sure you receive the right support at the right time for you.

Help and advice for family, friends and carers on how best to support you during your recovery is also available.

## How we help

At our service, you can get:

- Advice about your health and wellbeing
- Regular sessions with your personal keyworker
- A range of different support groups

Together, we can also look ahead to what's next for you.

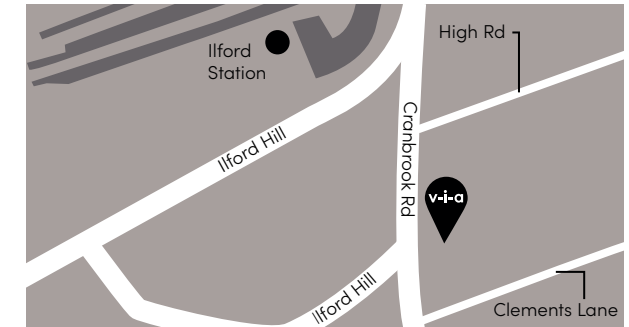
This could be motivational programmes, education, training and employment support, peer mentoring and volunteering.

Evening appointments, online groups, and telephone or video sessions are also available to fit around your other commitments.

Talk to us about what works for you.

## Find your way

3rd Floor, Ilford Chambers, 11 Chapel Road  
Ilford, IG1 2DR



Trains -  
Ilford



Buses - all stopping  
at Ilford Station

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***“Thank you to everyone  
for listening to me when  
I needed someone to  
talk to. I felt they went  
‘above and beyond’  
supporting me in my  
recovery.”***

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### Via Capital Card

Earn points by taking part in your treatment and spend points on activities in your local community.

