

Space From Drug Use



In 2020 alone, it is estimated that over 3 million, or roughly 1 in 10 people, in the U.K. used a drug¹.

Programme Description

The *Space from Drug Use* programme has been designed to help users self-identify an existing or potential drug use concern.

This programme was designed using Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Therapy (MET) – through our confidential, judgment-free platform.

This programme helps participants who are engaging in excessive, risky, or harmful drugs by:

- Encouraging users to become more aware of their relationship with these drugs.
- Educating them on the benefits of cutting back or quitting.
- Providing tools to reduce usage.

How it works

- Programmes are comprised of engaging content, videos, user stories, and interactive tools.
- Using MET and CBT, individuals will better understand their thoughts, feelings, and behaviours and learn how to make positive changes – proven to reduce symptoms and better manage their mental health and wellbeing.
- We recommend this programme is supported. Supporters have shown to provide 4X the engagement and personalise the programme experience for users, so they are able to reach their goals by providing weekly encouragement and ongoing motivation.
- All digital programmes are available on demand, 24/7.

Programme Breakdown

- The *Space from Drug Use* programme has five modules.
- It is recommended that participants complete one module per week. Each module can take up to an hour to complete. The more time and effort put into the programme, the more the user will get out of it.
- Participants will receive encouragement and motivation throughout the programme from their supporter.



References

1. "How many people use drugs" (2020), DrugeWise



Who should use this programme

- Those who are looking to understand what unsafe and problematic consumption looks like, and the impacts it can have on their physical and mental wellbeing.
- Those looking to build strategies to identify and cope with these triggers and increase a sense of ownership and responsibility over their decisions.
- Individuals who feel overwhelmed or uncomfortable and looking for a secure, private, and judgement-free platform to address their relationship with drugs.

Programme Modules

- Drugs and You
- Considering Change
- Reducing Harm
- Triggers and High-Risk Situations
- Moving Forward

Interactive Tools

My Drug Diary

Staying in the Present Exercise

Pros and Cons of Drug Use

My Harm Reduction Strategies

My Support Network

My Plan

SMART Goals

