

## Support person

As the Turas detox programme is conducted in the community it is important that a support system is available to you.

This will involve identifying a family member, close friend or someone you would consider reliable, supportive and trustworthy to accompany you to some appointments.

If you believe you could benefit from Turas's Community Detox Programme please phone us or call in today.

## Contact Details

TURAS  
59 Clanbrassil Street  
Dundalk  
Co. Louth

Telephone numbers  
042-9338221  
042-9338224  
CHY22271

Email:  
[info@turascounselling.ie](mailto:info@turascounselling.ie)  
Website:  
[www.turascounselling.ie](http://www.turascounselling.ie)

Turas is funded by:



# Community Alcohol Detox (CAD)

# turas

## What is TURAS?

Turas is a not-for-profit community addiction service based in Dundalk, Co. Louth.

We work with people from across the North East region who struggle with addiction issues.

Through motivational work, harm reduction, one-to-one counselling and group therapy we support them to deepen their recovery and forge new lives for themselves.

## Community Alcohol Detox

Our **Community Alcohol Detox** programme is unique in that it allows clients to undergo a medical detox from alcohol and avail of relevant therapeutic supports while staying at home.

**Call us today to make a referral!**

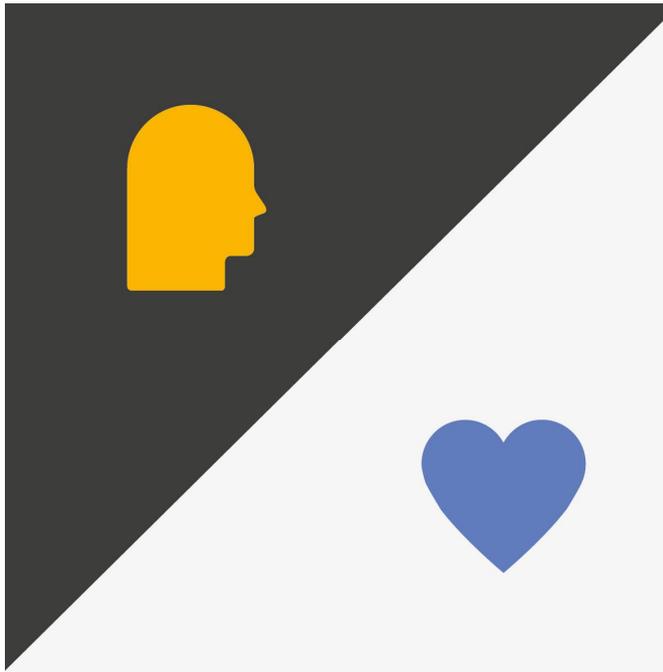
## Referrals Process

Open to anyone requiring support with alcohol addiction.

Referrals can be made by contacting Turas directly.

A GP referral is required to complete the medical detox element of the programme.

CAD is managed by a **specialist detox nurse** and overseen medically by our detox programme GP.



## What the Programme offers

CAD offers support for anyone who wants to reduce or stop their alcohol use.

After your initial assessment with our **counsellor** we will discuss which of the following supports are most suitable for you:

### Supports Offered

- **Motivational support to explore your relationship with alcohol**
- **Detox programme**
- **Relapse prevention**
- **One-to-one counselling**

**Turas also hosts two substance misuse support groups:**

**Men's SMART recovery group -  
Wednesday's 5pm -6:30pm**

**Empowering Women in Sobriety  
Group—Friday's 1pm—3pm**