

UK ADDICTION SUPPORT



BEHIND EVERY UNIFORM IS A HUMAN BEING.

Emergency service workers face some of the highest levels of trauma in the UK - yet many struggle in silence.

THE REALITY:

- 1 in 5 police officers show symptoms of PTSD
- 1 in 3 UK police officers report hazardous alcohol use
- Up to 27% of ambulance staff experience significant psychological distress
- Research indicates high-risk behaviors, with 58% of sampled firefighters reporting binge drinking behavior.

MENTAL HEALTH STRUGGLES AND ALCOHOL USE ARE CLOSELY LINKED

THE TRUTH?

What starts as coping... can quietly become something more. You don't have to carry it alone -

We provide confidential, practical support for:

- Alcohol Drugs & Gambling addiction issues
- Ongoing recovery & relapse prevention

THIS JOB CHANGES PEOPLE

Repeated exposure to trauma, long shifts, pressure, and responsibility - it builds up over time.

FOR MANY, THAT CAN LOOK LIKE:

- Drinking more than intended
- Struggling to switch off
- Irritability or emotional shutdown
- Feeling constantly "on edge"
- Losing control in ways that don't feel like you



"Thanks to the Staying Stopped programme, I've got my life back on track. I'm a better partner, parent, and officer today, and I'm genuinely grateful for the support that helped me turn everything around. When I'm not on shift, I now spend time supporting others in recovery, and I've also been able to have more open conversations with colleagues about wellbeing and recovery."

THE STAYING STOPPED PROGRAMME

A STRUCTURED, ABSTINENCE BASED RECOVERY PROGRAMME

At Six we believe that an holistic, mentor lead 12-week Staying Stopped Programme, where you also receive 12-weeks of counselling gives you the strongest possible platform to begin your recovery journey, and STAY STOPPED!

Created by former England and Arsenal captain Tony Adams, the Staying Stopped Programme (SSP) offers practical, person-centred support for individuals recovering from addiction - led by those with lived experience.

Ideal for individuals who:

- Are new to recovery.
- Are leaving residential care or recently detoxed.
- Have relapsed and want to re-engage.
- Have initially struggled with traditional 12-step meetings.

The SSP is deep rooted in 12-step fellowship and combines professional therapy with mentorship, helping clients build sustainable long-term recovery through abstinence, insight, and support.

PROGRAMME STRUCTURE

CORE FEATURES:

- Fully abstinence-based support
- Entrance/exit assessments
- Mental health and safeguarding evaluation
- Daily recovery mentor check-ins
- Weekly 1:1 therapy (BACP-accredited professional)
- Access to our online fellowship meeting
- Access to our WhatsApp support group and Six's Safe Spaces Community.
- Support through "90 meetings in 90 days"
- Tailored aftercare and continued engagement



PARTICIPANTS PROGRESS AT THEIR OWN PACE IN A TRAUMA-INFORMED ENVIRONMENT THAT VALUES EMOTIONAL SAFETY AND PERSONAL GROWTH.

MENTORSHIP



WHY DO I NEED A MENTOR?

Mentorship is the backbone of real, lived recovery within the Staying Stopped Programme. While knowledge and insight are important, sustainable change often comes from connection with someone who has walked the path before you.

A mentor offers guidance rooted in personal experience, providing practical tools, accountability, and hope in moments where it may feel out of reach. They are not there to “fix” you, but to walk alongside you - helping you navigate challenges, identify patterns, and stay grounded in your commitment to recovery.

Mentorship bridges the gap between theory and real life, offering consistent support, honest reflection, and a sense of being truly understood. This relationship fosters trust, resilience, and belief that long-term recovery is not only possible, but sustainable.

Our mentors are in long-term recovery and trained to guide others through early sobriety. Acting as both role models and recovery partners, mentors offer emotional and practical support during the vulnerable first stages.

Mentor touchpoints include:

- Frequent check-ins
- Emotional encouragement and identification
- Clarification around 12-step questions
- Shared experience and myth-busting insights

Mentors help clients to:

- Stay accountable and feel supported
- Navigate 12-step language and expectations
- Find a suitable long-term sponsor
- Attend meetings (including joint attendance if needed)
- Build a personal meeting plan
- Stay connected through Six MHA's platforms



THERAPY

A HOLISTIC APPROACH TO RECOVERY

Therapy provides the clinical and emotional foundation for deep, lasting change. Within the Staying Stopped Programme, therapy is a safe and structured space to explore the underlying causes of addiction - whether that be trauma, anxiety, depression, or long-standing behavioural patterns.

Working with a qualified therapist allows individuals to process difficult emotions, develop healthier coping mechanisms, and build self-awareness in a supported environment. Therapy goes beyond stopping a behavior; it focuses on healing the root issues that drive it.

This element of the programme empowers individuals to understand themselves on a deeper level, break destructive cycles, and develop the emotional tools needed to maintain long-term wellbeing. Combined with mentorship and fellowship, therapy ensures that recovery is not just maintained - but strengthened from within.

Why It Works:

- Therapy brings long-term healing by addressing emotional wounds, neglect, abuse, and mental health struggles.
- Fellowship offers a ready-made community, structure, spiritual growth, and daily tools for sobriety.

TOGETHER, THERAPY AND MENTORSHIP INTEGRATE THE EMOTIONAL AND SOCIAL ASPECTS OF RECOVERY - SCIENCE AND SPIRITUALITY IN ACTION.



WHY THE 12-STEP APPROACH

CONNECTION, COMMUNITY & LASTING RECOVERY

12-step fellowship is at the heart of connection, community, and sustained recovery within the Staying Stopped Programme. Recovery can often feel isolating, but 12-step programmes offer a powerful reminder that no one has to do this alone. Through shared experience, mutual support, and a structured pathway for growth, individuals become part of a community that understands and supports their journey.

Research, including findings from the Cochrane Review, has shown that 12-step facilitation is one of the most effective approaches for achieving and maintaining long-term sobriety. Beyond the evidence, its true power lies in connection - regular meetings, shared stories, and a sense of belonging that combats isolation and shame.

The 12-step model encourages accountability, spiritual and personal growth, and ongoing support, making it a vital component in not just achieving sobriety, but truly staying stopped.

Why “90 Meetings in 90 Days”?

- 90 days of sobriety allows clients to experience reduced cravings, clearer thinking, and stronger emotional stability. Daily meetings reinforce new habits.
- This visible commitment helps rebuild trust with family and friends while forming bonds with others in recovery.
- Clients hear stories from those further along in recovery, identifying with them and learning that change is not only possible - but probable.
- Though intensive, the 90-day framework is a brief commitment compared to the time consumed by active addiction and offers a powerful start to lasting change.

WHAT PEOPLE SAY

“It has been an absolute pleasure to be part of SIX MHA and I can say with conviction that the support I have received has been invaluable for my progress in recovery. Having access to another community of recovering addicts (most of whom seem to support to right team in North London!) has been a privilege, not to mention to mentoring from Alan and therapy from Jack that has had a hugely positive impact on my journey. So it brings me great comfort to know that this is not the end, and I can still engage and be a part of SIX via the meetings as well as the connections I have made along the way.

A massive thanks to yourself, Ben, Tony and everyone else on the team.”

“My bosses had me in yesterday and told me they were delighted with me since I had come back and couldn't thank me enough for the work I had done in setting up the new unit and smashing it out the park’

They have offered me a new job where I continue in this new role as much as I like but do my surveillance role whenever I like. This is great as with the new role I wfh or wherever I like, my own boss virtually and pick my own hours. This helps my recovery.

This all hangs on me passing my vetting. Im going for my vetting iv today. It should last about an hour and I will find out on Monday.

The bosses are hopeful I will be fine.

This situation has only come about as a result of religiously following a daily programme, centered around the things I learned in rehab, my faith in a higher power, a fellowship and with the support of Six and yourselves. I am incredibly grateful to be here today.

At home my kids are happy and healthy, my finances are manageable and in order and my relationship with X continues to grow again.

Thankyou x”

“Dear Ben,

I am writing to sincerely thank you for the time care and compassion you showed when you spoke with me about my brother and his struggle with alcoholism.

Your willingness to listen, to offer guidance and most importantly speak directly to X while he was intoxicated meant more to me than I can fully express in words. I understand how emotionally demanding and challenging it can be to engage with someone

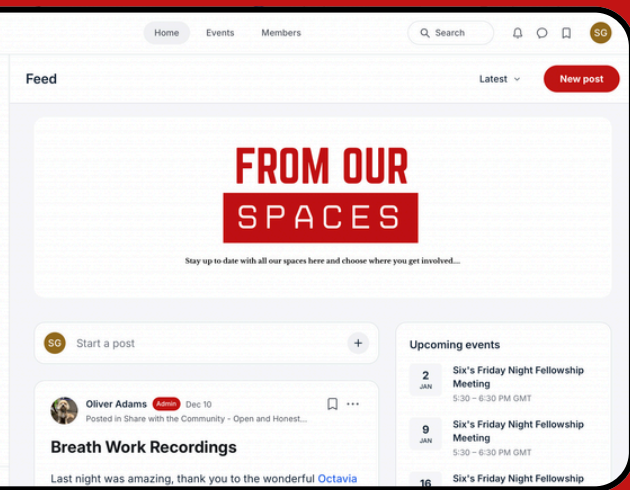
in the grip of addiction. Your calm grounded presence and non judgemental approach made this awful situation feel a bit more manageable, not only for X but for me as well. Our conversation has given me hope and helped me feel less alone on this journey.

Your insight and humanity reminded me that support does exist and that change though difficult is possible. Thank you for offering your time and compassion. Please know that your work makes a real difference, not just for people like X but for their loved ones. You have changed my outlook on the future for X and for the first time I do not feel helpless and I do feel Hope. Your kindness will not be forgotten.

Thank you from the bottom of my heart

X”

SIX'S SAFE SPACES



2025 marked the launch of Six's Safe Spaces - a supportive online community for connection, education, and recovery-focused support, shaped by strong engagement and shared learning.

HERE'S A SNAPSHOT OF WHAT MEMBERS ARE ENGAGING WITH INSIDE SIX'S SAFE SPACES !

SHARE WITH THE COMMUNITY

An open space for honest conversation, shared experiences, questions, and peer support.

THERE IS A SOLUTION

Recovery-focused reflections and discussions offering hope, perspective, and encouragement.

THE DOCTOR'S BLOG

Professional insights and educational articles on mental health, addiction, and wellbeing.

FRIDAY NIGHT FELLOWSHIP MEETING

An online recovery meeting providing you with community and connection at 1730 every week.

“Real conversations. Shared experience. Ongoing support.”

EDUCATION & AWARENESS CONTENT

Learning resources and discussions designed to reduce stigma and build understanding.

The community also features lived-experience content from Tony Adams, Staying Stopped programme updates, essential support resources, and the latest news and activity across Six's Safe Spaces.

JOIN SIX'S SAFE SPACES !

CONTACT US

MENTAL HEALTH SUPPORT

helpline@sixmha.org

ADDICTION SUPPORT

addiction@sixmha.org

ACCESSIBILITY & COST

Who it's for:

- Individuals committed to living free of drugs, alcohol, or addictive behaviours.
- Those who are detoxed or actively abstinent.

Cost: £3,600 for 12 weeks (may be funded under certain criteria)

Enquire about our Staying Stopped Programmes -

ben@sixmha.org



Scan for the SIX MHA App!
www.sixmha.org/staystopped

