

**If alcohol  
controls your life,  
abstinence  
can set you free**

Whether it be alcohol or drugs, addiction is a disease and the addicted person is unable to control their consumption.

The only solution is to give up completely – abstinence.

**Contact Us**

At Castle Craig we have been helping people achieve abstinence for over 22 years.

To find out more  
call our 24 hr hotline on 01721 722763,  
email us on [enquiries@castlecraig.co.uk](mailto:enquiries@castlecraig.co.uk)  
or visit us online at [www.castlecraig.co.uk](http://www.castlecraig.co.uk)

Our full postal address is  
Castle Craig Hospital, West Linton,  
Peeblesshire, Scotland EH46 7DH.



**Abstinence  
is the most effective way  
of getting your life  
back**

Alcohol and drug addiction ruin lives and leave people at rock bottom.

At Castle Craig Hospital, near Edinburgh, we pick people up from the bottom and help them repair their damaged lives.

Our approach is abstinence-based. This means stopping, and staying stopped.



**CASTLE CRAIG HOSPITAL**

## Experience shows that abstinence really works



Hard evidence, including Castle Craig's own studies, and the testimony of millions of people show that abstinence has impressive results, leading to a happy and healthy life in recovery.

The 12 Step philosophy, used by Alcoholics Anonymous and Narcotics Anonymous, has played a key role in the success stories of people all over the world who have beaten addiction.

There are no easy solutions or quick fixes. Abstinence is challenging and takes dedication, but it works.

## Your body needs abstinence in order to heal

Years of alcohol and drug abuse can leave the vital organs such as the brain and the liver in a fragile or diseased state.

Yet our bodies have a remarkable ability to heal over time, and abstinence provides the ideal conditions for this.

The exercise facilities, healthy diet and hyperbaric oxygen therapy of Castle Craig's programme all assist in this process.



## Abstinence is the safest road to recovery

The addicted person often lives in a culture of addiction, living dangerously and surrounded by negative influences. Many also live in isolation cut off from those they love.

An abstinence-based programme such as Castle Craig's, helps patients to steer their lives in a different direction, to avoid temptation, and to ensure a fulfilling life without alcohol or drugs.

Every individual has the potential to do this but there is one condition: you have to want it.

It works when you work it!

## Addiction is a family illness

Addiction destroys family life. At least 20% of Scotland's population is affected by the behaviour of someone with a serious drug or alcohol problem.

At Castle Craig we understand the important role that the family can play in treatment. We listen to their concerns and answer their questions and involve them in the recovery process. In this way we treat the family as well as the patient.