



mutual aid



make it part of your Recovery

Mutual aid can help you with your Recovery. There are local meetings for Alcoholics Anonymous, Narcotics Anonymous, Al-anon and SMART Recovery. Ask your support worker or The Basement Recovery Project about attending an educational session to find out more or to be put in touch with someone who can accompany you to a mutual aid meeting.

The Basement Recovery Project: 01422 383063



The **Basement Project**

NHS Calderdale Clinical Commissioning Group (CCG) has supported The Basement Recovery Project (TBRP) through a grant to fund this Mutual Aid Facilitation project.


Calderdale
Clinical Commissioning Group