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Rehab Myth

Everyone needs to stay in rehab for years for their treatment to be effective.

10 Myth Buster

Evidence suggests 3 months is generally appropriate for an initial stay in residential rehab, and that 6 months or more can be useful, and some people benefit from 12 months or more.

10 Myth Buster

However, there is flexibility with this offer, depending on the person and their needs. There are also options including move-on housing to help people with the transition following residential treatment.

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