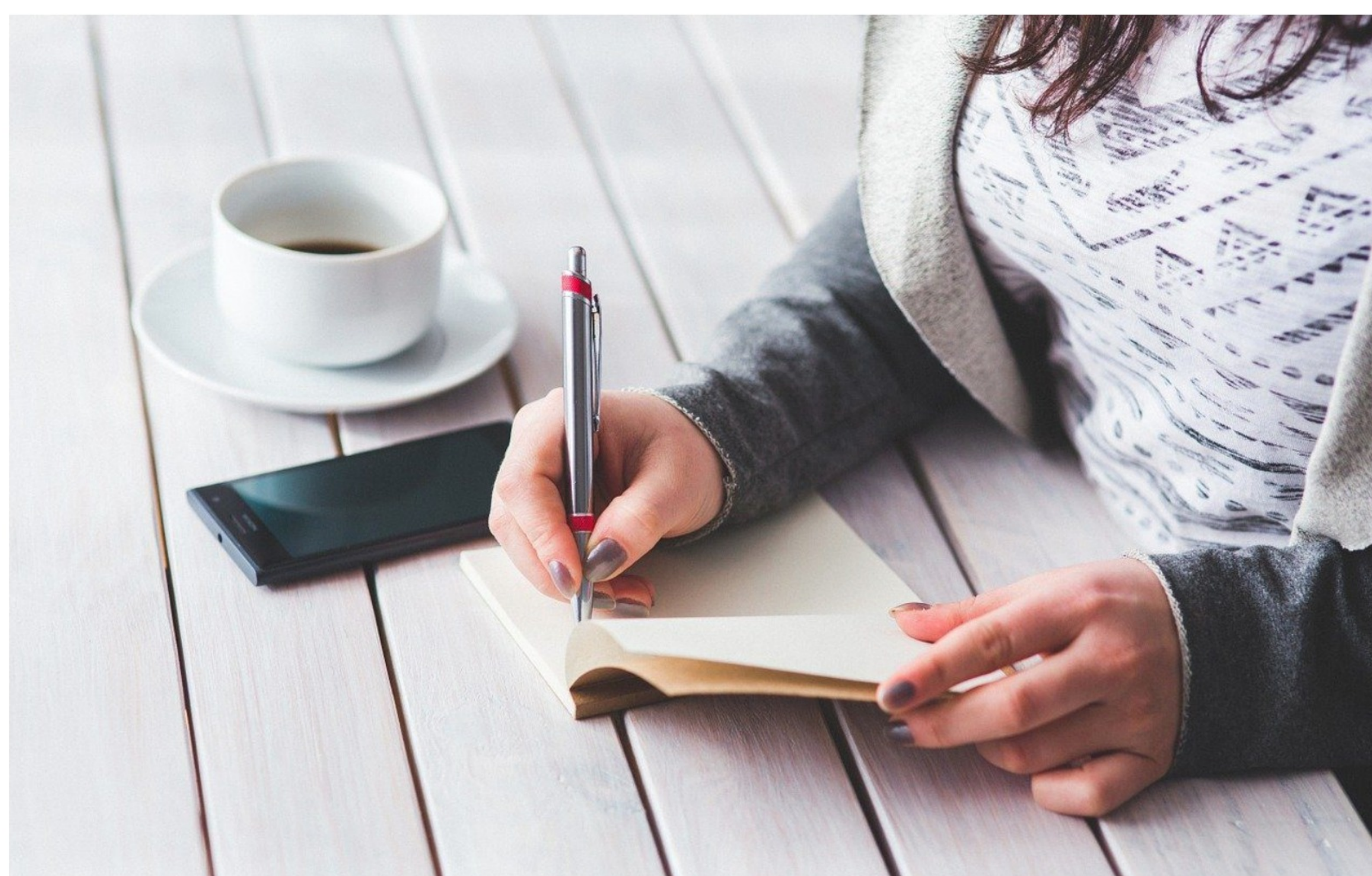


## The Next Step When Rehab Will Not Take You?

by Evolve Indy | Oct 30, 2021 | Blog | 0 comments



Admitting that you have an addiction and that you need help is one of the hardest but also the best decisions you can ever make. It's not easy admitting that you need to fix your life and the journey ahead to recovery won't be easy either. Most people who come to this point realize that they need help getting their lives back on the right track. You have probably done some research on the rehab facilities around you and asked about the admissions process. Now you find yourself in a situation where no rehab will take you and you're not sure what to do. Here's what you need to know.



### What Happens When Rehabs Will Not Take You?

What do you do then? Here are some steps you can take next when this happens:

#### 1. Look for rehabs in another location.

If you have exhausted the rehabs in your state and still none agrees to take you, it's time to widen your search. There are many rehabs across the country and you may find one that suits your recovery needs.

#### 2. Ask for referrals

You can ask your doctor, counselor, or therapist for help in finding a rehab. These professionals have a wide network and they may be able to help you get a rehab you may not have considered during your search.

#### 3. Join a support group

Another alternative to attending rehab is to join a 12-step recovery group or addiction support group such as Alcoholics Anonymous. This will not only help you work towards recovery but also provide you with a support network as well as accountability partners to help you remain sober. Surrounding yourself with others on the same journey as you will encourage you to stick to your recovery goals.

#### 4. See if you can get online therapy

You don't have to attend therapy physically to get the benefits. You can attend therapy and rehab sessions online. This way, you can work the sessions into your schedule so you can still work towards recovery while making changes in your life.

#### 5. Start working on yourself

Just because no rehab will take you doesn't mean you have to give up on recovery. You can start working on yourself by finding a new hobby or challenge to keep you off your addiction. Additionally, you can take up exercising or a new sport as well as join an adventurous club, or church group, volunteer, or start attending community events. This will help keep you busy and give your life new meaning.

### Don't Let Addiction Win

If you're looking for a rehab that has your individual recovery needs at heart, then Evolve Indy is here to help. We provide a range of addiction treatment programs designed to fit into our clients' schedules from residential treatment to [intensive outpatient programs](#), [partial hospitalization](#), and [outpatient programs](#). We also ensure that we incorporate family therapy into our treatment so that clients can have healthy and supportive environments at home to support their recovery.

Reach out to us today and let us help you rebuild your life.

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Call us at: 1-855-495-1063

Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

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