

Can I Bring my Phone To A Drug Rehab Center???



Understanding the complex interaction between cell phone use, recovery, and drug rehab can help you more easily prepare for the road ahead

REHAB CENTERS IMPOSE CELL PHONE RESTRICTIONS FOR DIFFERENT REASONS

Rehabs believe that banning personal cell phones helps keep people from negative outside influences, such as former dealers or drug use partners



3 out of 5 Smartphone users don't go more than an hour without checking them

Cell phones and other electronic devices can distract patients and restricting them can help those recovering better

FOCUS ON RECOVERY



Cell phones can also bring stress, anxiety, frustration, and many other problems



Not having access to your cell phone helps you to emotionally, physically, and mentally stay away from the people, places, and things that may have fueled your drug addiction

If Your Drug Rehab Allow Phones

They may ask that they be locked up in a safe for security reasons



Most will have time restrictions on when and how often you use your phone

Can be used to track personal business situations or for getting homework from a teacher or counselor



The biggest benefit of cell phones in drug rehab is the way they allow you to communicate with important people in your life

These people can serve as an important emotional safety net that can help guide you through the rehab process



Not having immediate access to your phone may be stressful at first, but it is proven to help find time to focus on other things, learn new hobbies, and make new friends!



It's time to unplug



and get help for your addiction