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Sukoon Health launches first state-of-the-art drugs & substance recovery centre in Delhi

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Plans to open 20 Rehab Centres across major metros over the next 6 years

Gurugram-based startup Sukoon Health has unveiled its state-of-the-art Drugs and Substance Recovery Centre in Chhatarpur, New Delhi. This Recovery Centre adopts a unique 360-degree approach to deliver comprehensive and personalised care for individuals facing challenges with alcohol and substance abuse. Each patient will receive a specially tailored care plan to address their specific needs.

To counter growing alcohol and substance abuse amongst Indians, Sukoon plans to open 20 Rehab Centres across major metros over the next 6 years.

According to a national survey conducted by the government, a staggering 1.58 crore children aged between 10 and 17 years are addicted to substances. Alcohol addiction is most common followed by Cannabis and Opioids.

About 16 crore people consume alcohol and more than 5.7 crore are dependent on alcohol and need help. The survey also states that 3.1 crore people use cannabis and about 25 lakhs suffer from cannabis dependence, while 2.26 crore people use opioids and approximately 77 lakhs require help for opioid-related problems.

Sukoon's treatment programme is tailor-made taking into consideration each individual - mind, body, and soul. The treatment plan includes a daily schedule that offers a range of services, including medical checkups, pharmacological intervention for relapse prevention, comprehensive psychosocial assessments, psychoeducation, psychotherapeutic interventions, family assessments and interventions, recreational therapy, expressive art-based therapy, physiotherapy, nutritional counselling, personal training, yoga, meditation, and exercise.