

Newcastle Recovery Academy

Newcastle Recovery Academy is a service provided by Waythrough. Waythrough specialises in mental health, alcohol, drugs and related areas. Their high quality, evidence based services are designed around the needs of the people and communities they serve.

The Newcastle Recovery Academy offers:

- A fully structured programme of groups and activities
- Support with adjusting to living without substances as you encounter challenges as they happen in your day-to-day life
- Help with creating a new positive and fulfilling lifestyle including help with moving on to work, volunteering or adult education

Is the Newcastle Recovery Academy for you?

You might benefit if you:

- Can't stop drinking or using, even when you want to
- Have stopped and restarted many times
- Feel life is becoming unmanageable
- Want a different way of living
- Are willing to put time and effort into your recovery

If you would like a referral or more information, please discuss with your recovery coordinator at [Newcastle Treatment and Recovery Service](#).

Last updated: April 2, 2026

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