

What is Family Support?

Family Support is where Family members of those using drugs or alcohol come together to talk about how they have been affected.

What is a Family Support Group?

A Family support Group is a safe, confidential and non judgemental place for the family members of drug/alcohol users to come together to discuss common issues in relation to dealing with drug/ alcohol use within their family.

Support for YOU can help the whole family.

The lack of awareness attached to substance misuse can cause great strain and isolation in families.

Why should I join a Family Support Group?

Family Support is where Family members of those using drugs or alcohol come together to talk about how they have been affected. Most families dealing with drug/alcohol use are looking for answers.

The answers they look for initially relate to their child. Where can he/she go for treatment?

In most cases family members don't realise they need help for themselves. The group can support members through difficult times, sometimes just by listening, other times by sharing how they dealt with similar situations.



SERVICES PROVIDED

WEEKLY PEER SUPPORT GROUPS

ONE TO ONE SUPPORT

5 STEP MODEL

COUNSELLING

RESPIRE

FAMILY INTIMIDATION SERVICE

FAMILY EDUCATIONAL PROGRAMME



Commonly held mis-conceptions

Drug/alcohol use in the family only affects the person using, not other family members
Once I get help for the drug/alcohol user, all my problems will end

Testimonial

Why would I go to a group and listen to everyone else's problems when I have so much of my own? was my reply when asked to go to family support. So just to be polite I agreed to meet up with someone for a coffee and a chat, or should I say a coffee and a cry. This person understood everything my family and I was going through simply because they had been there too. They gave me a glimmer of hope and so I attended my first family support meeting. The support I received there was amazing. The group allowed me to be myself and confidently share all my troubles and worries without judgment. When there is addiction in a family you find yourself losing yourself and becoming someone you never wanted to be.

Family support helped me to understand addiction and find myself again. Some five years later I find myself still involved with the group and loving it. I've now trained as a facilitator, met some wonderful people, and am giving back some of the hope and support that I received.

My troubles with addiction in the family are far from over but with family support I know I can cope.