

Contacting the team

Service Users can self-refer or can be referred by a voluntary, statutory or community organisation. To make a referral please contact between Monday to Friday 9am – 5pm:

 HSE Market Street Health Centre,
Market Street Dundalk Co. Louth
A91 RH6D

 alison.caldwell@mqi.ie

 086 136 6870

Northeast Family
Support Service

Is a member of your
family living with an issue
with alcohol or drugs?



MQI
Merchants Quay Ireland



HSE **MQI**
Merchants Quay Ireland

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Trying to understand and support someone with alcohol or drugs problems can be extremely challenging causing an enormous amount of stress, strain and or worry for family and friends.

The shame and isolation some concerned family members can experience due to their loved one's substance use can have a negative impact on many areas of their life including their emotional wellbeing.

Please understand you are not alone.

The Northeast Family Support Service offers a free, confidential, non-judgemental and supportive service in counties Louth and Meath to any family member, partner or friend etc. impacted by a loved one's problematic use of alcohol and or drugs.

Currently the service delivers support through an evidence-based practice known as the 5-step method.

Our specialist family support team also aim to allow its service users to partake in interventions which may help them in their day to day lives such as:

- Practicing self-care
- Help increase their knowledge of alcohol and drug use
- Become informed of supports available to their loved ones
- Gain an understanding of how addiction can affect people
- Develop coping mechanisms and how to respond to a loved one's substance use disorder
- Develop their communication skills.