

## Our North East family support team can help you.

- Discover how to practice self care.
- Increase your knowledge of alcohol and drug use.
- Become informed of supports available to your loved one.
- Gain an understanding of how addiction can impact people.
- Develop better coping mechanisms.
- Develop your communications skills.

**“Dealing with a family member in addiction is an incredibly isolating experience. Having someone to talk to is really important.”**

Face to face appointments available across Counties Louth & Meath.

Online appointments and telephone support are also available.

Over 18 service.

**“Here, I've found not just support, but a family of people who truly get it, who offer comfort, guidance, and most importantly, hope for brighter days ahead.”**

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Market St  
Dundalk Co. Louth A91 RH6D**

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## North-East Family Support Service

Is a member of your family living with addiction ?

[www.mqi.ie](http://www.mqi.ie)

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**M Q I**  
Merchants Quay Ireland  
Homeless & Drugs Services





**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 impacted by a loved one's problematic use of alcohol and drugs.**

### **We Offer..**

Individual support.

Group work.

Peer support.

Drug awareness workshops.

Advice & information.

## **You are not alone**

Trying to understand and support a loved one in addiction can be extremely challenging. It is normal for family and friends to experience enormous amounts of stress, strain and worry. The shame and isolation family members can experience due to their loved ones substance use can have a negative impact on many areas of life and emotional wellbeing.

## **Available Services**

### **Self-Management and Recovery Training (SMART)**

Being in a close relationship with someone struggling with an addiction can be a frustrating, painful and lonely journey. (SMART) can support you to.

- Develop more effective coping strategies.
- Find a greater sense of fulfilment and balance in your own life.
- Improve your mood, confidence, self-esteem and motivation.
- Set and work towards your goals.

### **Parents Under Pressure (PUP)**

If your family is experiencing parental substance abuse, mental health problems, family conflict and/or severe financial stress, this programme could be for you.

- Develop positive, secure relationships with your children.
- Create a more nurturing family environment with less conflict.
- Develop family routines that are age appropriate for your children.
- Learn how to regulate your emotions.

### **Cognitive Behavioural Therapy (CBT) and Rational Emotional Behavioural Therapy (REBT)**

You may be experiencing emotions like anger, hurt, anxiety, shame, or guilt. CBT and REBT can be an effective support for you.

- Learn to challenge unhelpful thoughts and change learned patterns of unhelpful behaviour.
- Learn to manage unhealthy emotions.
- Gain a better understanding of the behaviour and motivation of your loved one.
- Learn to use problem solving skills to cope with difficult situations.

### **Community Reinforcement Approach Training (CRAFT)**

CRAFT is a skills-based programme that supports families struggling with addiction.

- Learn how to prioritise self-care and pleasurable activities in daily life.
- Improve your problem solving and goal setting skills.
- Learn how to deal with your loved one's resistance to change.
- Learn the power of positive reinforcement for positive behaviour.
- Learn how to use positive communications skills to avoid confrontation.