



## What is Family Support?

Supporting someone who has a drug or alcohol problem; friends, partners and family members can sacrifice their own needs and wellbeing and focus all of their energy upon the person they think needs help most.

In many cases family members don't realise that THEY need help too.

Family support provides an opportunity for those living with, or affected by, the drug or alcohol use of someone close to them to meet others in similar situations and receive support.

Family Support can be offered on a one-to-one basis or in a group setting. The model of family support groups that the National Family Support Network advocates is peer family support. This is where a number of people with a common problem in our case living with drug use, come together to share their experiences.

## What are the benefits of Family Support?

### **The Benefits of Family Support:**

- It helps family members look after their own needs
- It promotes and encourages self-care and wellness
- It helps families to reinforce the work of the service agencies
- It enables families to be a resource to their own communities

## What is a Family Support Group?

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

### **At a Family Support Group family members can:**

- Meet with others in a similar situation with whom you can relate
  - Obtain knowledge and information
  - Have your own space and time out
    - Find unity and support
    - Learn to cope with addiction
- Learn to be part of the rehabilitation process

Through this work both the Regional & National Family Support Network and the Western Region Drug and Alcohol Task Force raises awareness of the difficulties faced by families in coping with alcohol/drug use while recognising the important role that families play in supporting the recovery of the drug using family member.

### ***Drug & alcohol misuse can severely disrupt a family's sense of wellbeing in many different ways....***

- It can create feelings of shame and isolation within a family
- Families search in vain for reasons for substance use problems
- Other family members may feel ignored or neglected because of the pattern of addiction.
- Many problems can start to occur as a result of trying to cope alone e.g. feelings of fear, anger and anxiety, stress, drug debts and financial problems, isolation, family breakdown, domestic violence, bereavement

### **Useful Contact Numbers:**

**G1 Family Focus Group**

**For more information contact Cecily/Margaret @ 085 111 5400**

### **Useful Contact Numbers & Websites:**

**HSE West Drugs Service (Galway, Mayo, Roscommon) – 091 561299**

**HSE Drugs & Alcohol Helpline – 1800 459 459**

**Debbie McDonagh – WRDTF Family Support Development Worker - 087 6955557**

**Liam O'Loughlin – WRDTF Community Liaison Worker - 087 6217728**

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

<http://alcoholireland.ie/>

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

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

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

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