

Family Support Service

Drug and/or alcohol misuse can cause a lot of stress for individual family members. We are aware of the effects it can have on family members through their physical, mental and social health and well-being. Time and energy is often focused on the person using alcohol or drugs which can lead to families investing little time on themselves. Drug and Alcohol Family Support provides an opportunity to receive individualized support focusing on your own needs, goals, interests and strengths as well as exploring the impact substance misuse has on your life.

Please contact Liam O'Loughlin @ 087 6217728 (Galway) or Mags Dillon @ 087 3352831 (Mayo) if you would like some support. The HSE Drug Service also offer family support and can be contacted 091 561299.

WHAT WE OFFER:

One to one support: A safe and non-judgemental space where you are listened to and supported. The family support worker will help you identify and work with your needs, goals and strengths.

Information: Give relevant information on drugs, alcohol, and the effects substance misuse has on individuals and the family.

Evidenced based support programmes: The provision of family support programmes such as 5-Step and CRAFT. 5-Step is a programme working with the stress and strain substance misuse has on a family member. CRAFT is a family programme developing skills such as communication and problem solving.

Referral options: Provide sign posting to further services based on needs.

Respite and wellness options: Planned events for family members.

Self-care: Promote physical, mental and social health and well-being.