



WESTERN REGION

Drug & Alcohol Task Force

Meitheal Drugai an Iarthair



MAYO Drug & Alcohol Family Support

The Mayo Drug and Alcohol Family Support Service provides a safe space to receive support with an experienced Drug & Alcohol Family Support Worker.

The service is free, confidential & non-judgemental to those over 18 in the Mayo area.



WHAT IS FAMILY SUPPORT?

Substance misuse by a loved one impacts greatly on family members. It can cause great deal of stress on individuals and the family unit. Family members often neglect their own needs – their physical, mental and social health and well-being. Time and energy is often focused on the person using alcohol or drugs. Family members affected by substance misuse need support in their own right. The Mayo Drug and Alcohol Family Support Worker 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.



WHAT ARE THE BENEFITS?

It helps you look after your own needs and promotes self-care and well-being

Support and skills to deal with your situation

It provides greater knowledge and understanding of addiction

It provides insight into the effects substance misuse has on the whole family



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.



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