

## How do I get in touch?

Please phone (see overleaf) or fill in your details below and send to:

VOCAL Family Support  
Freepost 3172  
Edinburgh EH1 0XG

No stamp required

### VOCAL Family Support Addictions

Please contact me to discuss how Family Support Addictions can help

Name: .....

Address: .....

.....

.....

Postcode: .....

Telephone: .....

Email: .....

### Data protection - for your assurance

The information you provide on this form will be stored on our database so that we can let you know about publications, training and events that may be of interest. If you don't want us to do this please tick the box. We will not share your details with anyone else.

## Contact:

### Family Support Addictions Citywide office

VOCAL Carers Centre  
8 - 13 Johnston Terrace  
Edinburgh EH1 2PW

T 0131 622 6262

E [mscarcliffe@vocal.org.uk](mailto:mscarcliffe@vocal.org.uk)

### Family Support Addictions South Edinburgh Office

(covering the Inch, Gilmerton, Gracemount, Liberton, Moredun, Alnwickhill, Mortonhall and Southhouse / Burdiehouse)

Libertus, 20 Gracemount Drive, EH16 6RN

T 0131 672 0986

E [hrendall@vocal.org.uk](mailto:hrendall@vocal.org.uk)

Our services are free, independent and confidential.

**Website:** [www.vocal.org.uk](http://www.vocal.org.uk)



VOCAL gratefully acknowledge support from:



Charity Number SCO 20755



# Family Support Addictions

Support and information for families and carers affected by someone else's drug or alcohol use

## Who are we?

Family Support Addictions is part of VOCAL - Voice of Carers Across Lothian.

Centrally located, our free, confidential service is Edinburgh-wide. We also have a worker based in South Edinburgh.

## Who are we here for?

Our focus is on providing a service to family members and friends affected by someone's alcohol or drug misuse.



## What can we do?

We can provide:

- **Emotional Support**  
An opportunity to speak through concerns (via email, telephone or face-to-face)
- **Information**  
About addiction and other specialist services that can help you and/or your family members
- **Monthly support groups**  
For people interested in meeting with others in a similar situation
- **Training courses workshops**  
Contact us for up to date information
- **Links to other VOCAL services**  
e.g. benefits advice, advocacy, counselling
- **Respite activities**  
Occasional outings and de-stressing activities

## How can this help?

Family and friends can play a crucial role in the lives of people with alcohol or drug problems. Your support can help an individual to make positive changes in their own lives.

This comes with a cost however as the chaos of addiction does not just affect the individual but also those close to them.

The provision of independent emotional support and information can reduce isolation, help you to get more balance in your life and to think through the role you want to play.

