

Family Support Addictions



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব
ترجمے کے لئے حاضر 很樂意翻譯 يسعدنا توفير الترجمة

Summary available in Braille, large print, easy read or audio if you ask us. Call 0131 663 6869.

VOCAL gratefully acknowledge support from:



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Family Support (Addictions)

VOCAL Midlothian Carer Centre
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Twitter: @EdinburghCarers

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

VOCAL is a carer-led organisation working with family members, partners and friends who are caring for someone.

0131 663 6869



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VOCAL Midlothian
30/1 Hardengreen Industrial Estate
Dalkeith
EH22 3NX



Who are we here for?

Having a family member or friend who is using drugs or alcohol can be sometimes confusing, frustrating, lonely, expensive, hard to cope with and it can take a toll on our own health.

VOCAL's Family Support Addictions (FSA) service is here to help and can provide a wide variety of free and confidential support.

Feeling confused?

We often have questions about practical things and don't know where to turn for answers. The FSA team can provide information about substances, addiction, your rights, legal matters, support and specialist services.

Not sure how to manage the situation?

FSA staff have knowledge and understanding of addiction and expertise in a recovery focused approach to support. Using tools including SMART recovery and solution focussed approaches, we can help you talk through your concerns, think about your goals and develop strategies to help you manage your life in a more balanced way.



What can we do?

Feeling isolated or lonely?

Often we don't know anyone else who is affected by someone else's drug or alcohol use. FSA offer monthly groups and meetings giving you the chance to meet others, and share experiences and learning in a safe and private space.

Are you worried about money?

Family members and friends affected by someone else's drug or alcohol use often tell us that they are affected financially. The wider VOCAL team can provide information on and practical support with welfare benefits, grants for breaks and household items and how to reduce your household bills.

Would you like to improve your own health and wellbeing?

Frequently family members and friends affected by someone's drug or alcohol use tell us they feel tired, stressed and in poor health. FSA and the wider VOCAL team can support you with stress management, healthy eating, to access gym and fitness sessions and activities to help you unwind like art classes and complementary therapies.

Comments and feedback

VOCAL's Family Support Addictions Service welcomes comments on any aspect of the service. A copy of our *Comments and Complaints Procedure* is available on request.



Contact VOCAL



Please ring me at home/ work to discuss how Family Support Addictions can help me

Please send me a Carer Information Pack and put me on your mailing list

Name:

Address:

Postcode:

Telephone:

Email:

Date of birth:

Ethnicity:

Years caring:

Information about the person being cared for:

Condition(s):

Age:

Relationship:

Data protection - for your assurance

The information provided in this form will be stored on VOCAL's database. This will allow us to let you know about events, training and other relevant opportunities. We may occasionally contact you by telephone. If you have an email address we will add you to VOCAL's carer email list. We treat and store all information confidentially. We will not share any personal information with a third party unless required to do so and will always seek your consent first. Information is regularly checked to ensure it is accurate and up to date.

Please tick here if you **do not** wish VOCAL to do this: