



Are you affected by someone else's drug or alcohol use?

VOCAL's Family Support: Drugs and Alcohol (FSDA) service is here to help you cope.

You can access help too

It may be difficult to identify your role in supporting someone who uses drugs or alcohol.

But it's important to recognise that drug and alcohol recovery involves a whole network of family and friends. Your life and your health is impacted too.

VOCAL provides free, confidential support for you.

Seeing yourself as an unpaid carer

If you look after someone close to you – a partner, child, family member, friend or neighbour – who uses drugs or alcohol...

And you help them with emotional or practical support, household tasks, or personal care...

Then you're definitely an unpaid carer.



One-to-one support

Our team of Carer Support Practitioners has specialist knowledge of drug and alcohol recovery.

We encourage you to find ways to achieve more balance in your life, reduce your isolation, and to think about how you would like to be involved in the support of the person who uses drugs or alcohol.

Find out more:



This is a safe space to talk about:

- How the situation affects you and others
- Positive ways of coping with someone else's drug or alcohol use
- How you can offer meaningful and sustainable help
- Understanding substance use and recovery
- What community support is available for the person you care for



Contact us for a free copy of our self-help guide for unpaid carers: "It's hard for me too"

Peer support

SMART meetings

We run a free support group for friends and family of someone using drugs or alcohol. SMART stands for Self-Management and Recovery Training.

This group is open to anyone registered with VOCAL in Edinburgh. It runs every second Wednesday from 2pm to 4pm in our Edinburgh Carers' Hub. There is no need to book, just drop in.

Visit vocal.org.uk/fsda to see our upcoming dates.

Peer mentoring

If you'd prefer not to talk about your situation in a group, you can access our peer mentoring service in Edinburgh.

Our peer mentors are volunteers with their own experiences of different caring roles, including helping someone manage their problematic substance use.

Your legal rights

Health and social care organisations should ensure you are recognised as a key partner in providing care. If they provide drug and alcohol recovery services, they must follow standards such as family inclusive practice and medication assisted treatment.

Read more at vocal.org.uk/carers-rights

Upcoming events

Anyone registered with us can access our free programme of Carer Training events.

Meeting others in a similar situation can be a great way to learn from their experiences and to have your feelings normalised.

Take a look at carerstraining.co.uk



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