



Is this service for you?

Are you worried about a family member or friend's addictive behaviour?

Would you like to support someone to make positive changes around addiction or substance use?

Do you have questions about their addiction and how to support them?

Is addiction causing conflict in your family or friendship?

The team at CADAS are here to help...

“ It's a relief to talk to people who know how you are feeling and to listen to others ”

Family and Friends support group member

Contact us

 Free Helpline 0800 2 54 56 58

 contact@cadas.co.uk

 www.cadas.co.uk

About CADAS

CADAS is a countywide charity which promotes the prevention of harm, relating to a range of addictions, particularly alcohol, drugs, gambling and vaping.

We deliver 1-1 and group support, alongside delivering education to schools, youth clubs and training professionals in health and social care.

For more information on our services, please visit www.cadas.co.uk



CADAS is a Registered Charity No: 1002201

Worried about a family member or friend's problematic addictive behaviour?



**WE CAN
HELP**



It's important to seek support

Here at CADAS we understand the impact a person's addictive behaviour or substance use can have on their loved ones or carers.

Our Family and Friends Service is designed to support people who are caring for, or are affected by, someone with an addictive behaviour or substance use that is causing concern.

If you are a parent, a child, a sibling or a friend of someone struggling – we can help you too – even if they have not yet recognised or accepted that they have a problem.

We also support carers who, regardless of who they are caring for or why, due to the nature of their caring role have begun to misuse substances as a way to manage and cope with their situation.



How can we help?

We can help you get the space to talk about your worries, get the chance to ask questions (including technical and specific questions about recovery) and meet other people in similar situations so you feel less isolated and alone.

We can help you understand the role you can play in your loved one's recovery. For example, there are statistics that clearly show how support from others can help individuals make a better and more sustained recovery.

Millions of people in the UK are currently coping with a loved one's drinking, drug taking or gambling

Adfam

You're not alone

We offer a range of activities to support family and friends, including...

Peer group support

A safe space to meet others in similar situations to you, share experiences, solutions, and enjoy some informal social time.

1-1 talking therapy

For those struggling with their own mental health as a result of their loved one's addiction. We can help you find new ways to approach the challenges you are facing.

Health and wellbeing

As an opportunity for some respite and as a way of sharing wellbeing techniques that can be taken away and used at home.