

## LET US KNOW WHAT YOU THINK

To improve our services we welcome and encourage feedback to continuously enhance the quality of services that we provide.

We hope that you are happy with the service that we provide, however if you are not, or you feel that we could do something better (or differently) please let us know.

## OUR MISSION STATEMENT

To reduce, treat and prevent the harm caused by alcohol and drugs to individuals, their families and the community.

# Contact Us At:

## For More Information Please Contact:

### WCADA Swansea

40 St James Crescent,  
Uplands, Swansea, SA1 6DR  
t: 01792 472519  
e: adminswansea@wcada.org

### WCADA Neath

30 Victoria Gardens, Neath, SA11 3BH  
T: 01639 620222  
E: admin30@wcada.org  
or  
15 Victoria Gardens, Neath  
T: 01639 633630  
E: admin15@wcada.org

### WCADA Port Talbot

46 Talbot Road, Port Talbot, SA13 1HU  
T: 01639 890863  
E: adminpt@wcada.org

### WCADA Bridgend

Celtic Court, Tremains Road, CF31 1TZ  
Bridgend  
T: 01656 667717  
E: adminbridgend@wcada.org

DAN 24/7  
0808 808 2234

Wales Drug and Alcohol Helpline  
Llinell Cymorth Cymru ar Gyffuriau  
ac Alcohol  
Free and Confidential Helpline

A Company Limited by Guarantee No: 04206135  
Registered Charity No: 1087685  
Family/Carer Leaflet ©WCADA 02/03/2015

Welsh Centre for Action on Dependency and Addiction

# WCADA

Canolfan Gymraeg am Weithredu ar Ddibyniaeth



Inspiring Change  Achieving Potential



## INFORMATION FOR FAMILY MEMBERS OR CARERS AFFECTED BY SUBSTANCE MISUSE

[www.wcada.org](http://www.wcada.org)

Image used courtesy of Stuart Miles @ freedigitalphotos.net

Leaflet Number 3

## WHO WE ARE

**The Welsh Centre for Action on Dependency and Addiction is a registered Charity and limited company. It was founded in 1979 and operates across Swansea, Neath Port Talbot and Bridgend.**

## SUBSTANCE MISUSE AND THE FAMILY

**For every person who misuses alcohol or drugs it is estimated that at least five other people are affected. These include partners, parents, children and friends.**

A very real part of substance misuse is the damaging effect it can have on individual family members and on the family as a whole.







It can be very difficult for family members to live with, and care about a person who misuses alcohol or drugs without sacrificing their own health and happiness.

When coping with someone who misuses alcohol or drugs the rest of the family often have mixed feelings. These might include anxiety, anger, shame, guilt, isolation, inadequacy, despair and a sense of failure.

The majority of family members first come forward for help with the aim of getting the person they are concerned for to stop using alcohol and drugs.

Family members can get help for themselves, through WCADA as well as other local groups/ services.

## THE NEED FOR SUPPORT

-  Support can enable family members to regain some sense of peace and happiness in their own lives.
-  Family members can become very concerned about their own feelings towards the substance misuser. Sharing these feelings can help to lessen them and can provide re-assurance that extreme feelings may occur in situations of great stress.
-  By speaking with people who have either been through similar experiences, or who have professional knowledge, family members can begin to see that they are not alone in the situation and others will understand what they are going through.
-  Support can allow family members to explore different ways of coping and to develop practical solutions for dealing with certain situations.
-  By learning new ways of behaving, family members may affect the behaviour and attitudes of the alcohol/drug user.
-  Support can also be helpful once someone has stopped using alcohol and drugs. There might be changes in both behaviour and attitude which can be difficult for family members to adjust to.

## WHAT HELP IS AVAILABLE

**Help is available for family members and carers.**

Family members can come in for a one off chat; for regular support, counselling or to work through a family programme based on the first five steps of Alcoholics Anonymous.

If you feel you need advice, information or support then contact any of the WCADA agencies listed overleaf.

