

Are you affected by a loved one's drug or alcohol use ?

This is a service that is here to help you find ways of coping with your loved one's substance use.

We offer six one-to-one sessions, to explore your experiences and get support with the many challenges of having a loved one with a substance use problem.

Sessions will take place on Zoom (or over the phone).

Some of the topics you may wish to use the sessions to explore are listed below but it's up to you, it's your support service:



- 1) A chance to 'vent' and express your feelings.
- 2) Understanding addiction and why your loved one may make choices that are hard to understand.
- 3) How best to support your loved one (if you want to).
- 4) Support to cope with overwhelming feelings.
- 5) How to communicate positively and reduce conflict with your loved one.
- 6) What to expect from treatment services.
- 7) How to rebalance things to make some space for you.
- 8) How to support and explain things to children.

For an initial call or to find out more, complete the form at adfam.org.uk/greenwich.

This is a completely free service.

Adfam has 40 years of experience supporting those affected by someone else's substance use.