

## Supporting carers in their own right

### What can we offer ?

We are here to help and hopefully direct you to the support that is relevant to your situation.

- Information, advice and guidance
- Access to a carer assessment for those that provide care on a regular basis
- Support group specific to carers caring for a loved one with a drug and alcohol problem.
- Access to training on topics such as Coping strategies, Resilience Building , First Aid
- Welfare Rights and Legal Clinics
- Respite Activities

### Services for Carers and Families caring for a loved one with a drug and alcohol addiction

**Derbyshire Recovery Partnership (DRP)** is an adult drug/alcohol /family treatment service. Telephone : **0845 308 4010**

**Derby City**– Adult Drug \Alcohol Treatment and Aquarius Family Service.Telephone: **0300 790 0265**

### National services

**Adfam** –Information website for the families and carers of drug and alcohol users

[www.adfam.org.uk](http://www.adfam.org.uk)

**DrugFAM** –A national telephone helpline available 9am—9pm ,7 days a week for those affected by someone else’s drug or alcohol use –including those bereaved by addiction. Telephone : **03008 883 853**  
[www.drugfam.co.uk](http://www.drugfam.co.uk)

**Call Derbyshire Carers Association on**  
**01773 833 833**

**Do you care for someone with a drug or alcohol addiction ?**



When a loved one develops a significant drug or alcohol problem their carers can often experience high levels of stress and anxiety which can have a significant impact on their own emotional/ physical health and well being.



As a carer it can be easy to feel isolated, substance use can also have a social stigma as can mental health therefore accessing support can be a great way of helping you to cope better with your situation.

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## WHAT MAY HELP YOU TO COPE

### There are 5 significant steps that can help

- Access support from a service that will listen actively to your situation
- Get information that may help you cope better with your situation
- Explore the coping responses between you and your drug/alcohol user
- If possible try to enhance your social support networks, consider talking to a close friend or maybe a family member. Attending a support group will allow you to meet others in similar situations
- Explore if there are other options of support or counselling available

### Think of yourself

Your life at the moment is probably filled with stress and anxiety, this is understandable, There could be conflict between you and the person you care for, this could be related to what you believe you should do to help and what you really want to do.

When someone becomes dependent on drugs and alcohol they usually become more dependent on the people that care for them.

Never feel that the situation is your fault and remember that you are not responsible for the choices and actions of the person that you care for .

## A little support can have wide positive consequences

- Your needs are important –don't feel guilty by putting them first ,doing so will put you in a better position to help others
- Focus on what you can achieve this can better your own quality of life
- Let go of trying to change or control your drug\alcohol user this will not help you and it will possibly add stress to your relationship

**We understand that setting and maintaining boundaries can be difficult, so setting boundaries that you can maintain is an essential part of helping yourself and your drug and alcohol user .**



*“ I found attending the support group was worthwhile. It was good for me to know that how I feel is normal “*

To access information and advice and to find support groups within Derbyshire please visit the Carers in Derbyshire website [www.carersinderbyshire.org.uk](http://www.carersinderbyshire.org.uk) and the Derbyshire Carers Association website [www.derbsyhirecarers.co.uk](http://www.derbsyhirecarers.co.uk)