

Remember the family 'Three C's':

You didn't **CAUSE** it

You can't **CONTROL** it

You can't **CURE** it

... but you **CAN** get help to deal with your situation



Does somebody you care about use drugs or alcohol?

Family support for people who are concerned about someone who is using drugs or alcohol

Get in touch with us for a confidential chat

Use our online contact form:

<https://www.bwdcarers.org.uk/drugs-alcohol-support>

Telephone: **01254 688440**

e-mail: **office@bwdcarers.org.uk**

See the drugs and alcohol section of our website:

www.bwdcarers.org.uk



Free and confidential advice and support

Charity number: 1120110

Company number: 5881757



Drug and Alcohol use can destroy families

We know that if someone you love is using drugs or alcohol, it can feel very upsetting, lonely and helpless. We offer free, non-judgemental and confidential support and advice to help you manage the impact of addiction.

We help you learn how to support your loved one, not support the drug or alcohol use.



What is available?

- Advice
- Group Support
- Information about drugs and their effects
- Information about recovery options
- Counselling
- Opportunities to relax and de-stress

... and much more



Who is it for?

Anyone who lives in Blackburn with Darwen who is concerned about someone else's drug or alcohol use.

Whether you *think* someone is drinking problematically or using drugs and you want to discuss this with someone

or

Whether you *know* someone is drinking or using drugs and want to find out how to support them without enabling them

We can help.



How do I know if my loved one is addicted?

"They say they can control their use or stop."

There are different stages of drug and alcohol use. Whether a person is experimenting, using recreationally or have an addiction, families worry about their loved one.

This service can help you whatever stage your loved one is at and help you work out strategies that can help you and the person who is drinking or using drugs.