www.carersmanchester.org.uk

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# Caring for Someone with an Addiction

**Are you an unwaged carer living in Manchester and caring for someone with an addiction? Here is a summary of specialist support you can access.**

DrugFAM supports families, friends and partners affected by someone else's drug, alcohol or gambling problems, and anyone bereaved by addiction.

They provide one-to-one support (via email, phone and Zoom) to family members, friends and carers to enable them to cope better with their situation, regain control of their lives and look after their own wellbeing. They also run virtual support groups.

- ✓ **Call 0300 888 3853**
  (Open 7 days a week 9am – 9pm)
- ✓ **Visit https://www.drugfam.co.uk/**

Adfam works to improve the lives of families affected by drugs and alcohol.

Their website provides information about coping with a loved one's drug or alcohol use, including advice around managing conflict, setting boundaries, positive communication, self-care and stress, and avoiding "enabling". It also has online forums where families can share experiences and support.

- ✓ **Visit https://adfam.org.uk/help-for-families**

Nacoa provides information, advice and support for everyone affected by a parent's drinking.

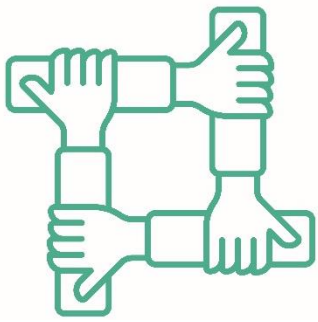
They run a telephone and email helpline. Their website includes information and advice, useful resources and message boards where you can ask questions and read other people's experiences.

- ✅ **Call 0800 358 3456**
- ✅ **Email helpline@nacoa.org.uk**
- ✅ **Visit https://nacoa.org.uk/**

Change Grow Live (CGL) runs a Drug and Alcohol Service for adults and young people in Manchester. They also offer support for families and affected others, including a family support group.

Their website offers advice for anyone who is worried about a friend or family member's drug or alcohol use.

- ✅ **Call 0161 823 6306**
- ✅ **Email manchester@cgl.org.uk**
- ✅ **Visit https://www.changegrowlive.org/advice-info/family-friends**



GamCare provides free information, advice and support for anyone harmed by gambling, including family and friends.

Their telephone helpline and live chat are available 24/7. Their website has group chats, online forums, and a Recovery Toolkit with practical tools and resources to help people deal with gambling issues.

- ✅ **Call 0808 8020 133**
- ✅ **Live chat https://www.gamcare.org.uk/get-support/talk-to-us-now/**
- ✅ **Visit https://www.gamcare.org.uk**

Beacon Counselling Trust offers free treatment and support to people aged 16 and over who have, or are at risk of developing, a gambling problem, or have been affected by a family member or significant other's gambling.

- ✅ **Call 0151 226 0696**
- ✅ **Email gamcare@beaconcounsellingtrust.co.uk**
- ✅ **Visit https://beaconcounsellingtrust.co.uk/problematic-gambling/**

The Icarus Trust supports people affected by addictive behaviour and their families, whether that's due to drugs, alcohol, gambling or something else.

They are a signposting and support service, meaning they direct you (via email) to the right information and places to get support. They also connect family members with a Family Friend – a trained volunteer who will provide personal support whenever needed.

- ✅ **Email via http://www.icarustrust.co.uk/contact/**
- ✅ **Visit http://www.icarustrust.co.uk**

Courses and Workshops

The **GMMH Recovery Academy** provides a range of free educational courses and resources for people with mental health and substance misuse problems, and their families and carers. The resources focus on supporting people with their recovery and promoting good health and wellbeing. You can sign up via their website.

☑ **Visit https://www.gmmh.nhs.uk/recovery/**

**Carers Manchester** runs free online workshops for carers. You may be interested in joining a Managing Stress or Worry v Problem Solving workshop to learn some coping strategies for avoiding stress and worry,

☑ **Visit https://www.carersmanchester.org.uk/events**

**If you would like to discuss your options for support or you have a general query about your caring role, you can call the Carers Manchester Contact Point on 0161 543 8000 (Monday - Friday 10am - 4pm, Wednesdays 10am - 6pm; except bank holidays) or email contactpoint@carersmanchester.org.uk.**