

What is problematic substance use?

People take alcohol and drugs for many different reasons. It may not always be totally easy to tell when this has become a problem. You may see warning signs that there is an issue. However it is important to realise that these changes may not be connected to drugs or alcohol. There may be other underlying issues which affect the person in similar ways.

Possible indicators of substance misuse:

- Becoming defensive or angry when discussing use
- Lying or secretive behaviour
- Family and relationships affected
- Being sick or irritable without substance, missing work days
- Usage in the morning to get up and going
- Unable to socialise without use
- Having to drink/take drugs progressively to maintain same effect
- Life appears to revolve around drink/drugs

Remember

Every family member and friend is important. You are not the cause of another person's substance use behaviours, nor can you stop their problem. The person drinking or taking drugs is responsible for themselves and only they can choose to address and change this.

Contact your local
Parent/Carer/Family Support Service
Co-ordinator

West Cumbria

Nadine Cowell & Jackie May, (01900) 608498 or
07764898096

nadinec@cadass.co.uk, jackiem@cadass.co.uk

East Cumbria

Hel Lawrie, (01228) 544140 or 07808771725
helenl@cadass.co.uk

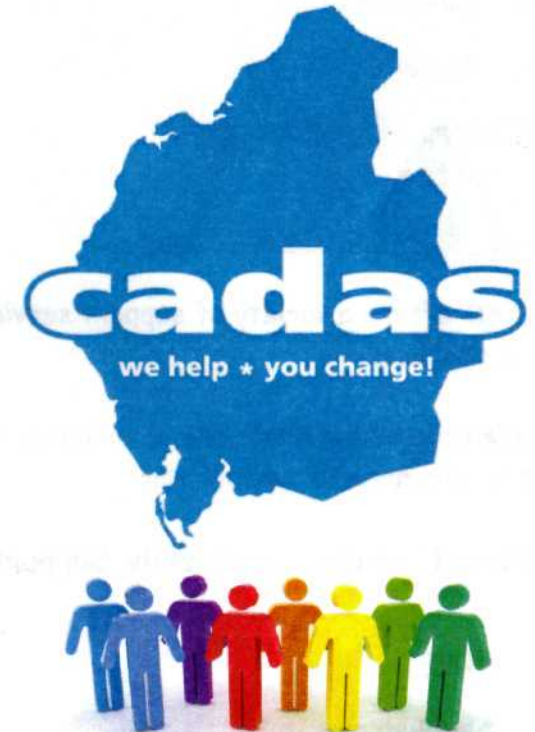
South Cumbria -Barrow

Nik Speirs, (01229) 811111 or 07793 525419
niks@cadass.co.uk

South Cumbria -Kendal

Julie Oram, (01539) 742615 or 07515 329131
julieo@cadass.co.uk

Cumbria Parent/Carer/
Family Support Service



Is your life affected by
someone else's alcohol
or drug use?

Pathways to support @ CADAS

You can contact CADAS by:

- Telephone
- E-mail
- Facebook
- Website
- Popping in to one of our offices

Meet your local worker face to face and find out what support we can offer. You can discuss your options and decide your way forward.

Information - We provide factual information about the effects of alcohol and drugs, the signs and symptoms of their use and practical advice on improving communication and listening skills.

One to one support - These are structured sessions where you can safely discuss your issues and develop problem solving skills allowing you to live more resourcefully.

Support groups - These happen regularly in your local area. They provide a safe, friendly and relaxing environment for families and friends affected by someone else's substance use to gain mutual support, share experiences and anxieties.

Carer forum - Local support group members can also put forward their views about drug and alcohol provision at a regional and national level.

Acustimulation (Black Box) - A safe and simple treatment. Gentle pulses are passed through the body's acu-point system stimulating the production of natural chemicals which form part of the body's natural defences dealing with stress, pain relief and healing.

Community education workshops - We provide tailor made education workshops which can include a range of topics such as communications skills, listening skills and the cycle of change. Designed to raise awareness of the impact of drugs and alcohol within the community and the home.

CADAS offers a variety of support services to anyone who is affected by someone else's drug or alcohol use.

Problems involving drugs and alcohol may not be easy to talk about. However, you are not alone and we are here to support you.

CADAS Parent/Carer/Family Support services are:

- FREE
- Non judgemental
- Confidential
- Provided throughout Cumbria (Delivered in comfortable rooms in Penrith, Workington, Whitehaven, Carlisle, Barrow-in-Furness and Kendal)

