

If you're affected by someone else's drinking

When someone is drinking heavily it can cause problems not only for the person drinking, but also for those around them, for example health problems, financial worries, relationship breakdown and parenting difficulties. It can be exhausting supporting someone who is drinking heavily, but there are people you can turn to for help.

The first place to start might be your GP. There are also organisations who work specifically with families, friends and carers affected by someone else's drinking.

Adfam

Adfam is the national charity working to improve life for families affected by drugs and alcohol. The charity informs, supports and empowers both people affected by a loved one's substance use and the workers who support them.

www.adfam.org.uk
020 3817 9410

Al-Anon

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking. The organisation is a fellowship of relatives and friends who share their experiences to solve their common problems. It has over 800 support groups in the UK and Republic of Ireland.

www.al-anonuk.org.uk
020 7403 0888

Bottled Up

Bottled Up offers information and advice for family members living with someone who is alcohol dependent.

www.bottled-up.com

Carers UK

Carers UK provides advice, information and support for carers, and have an online community of carers and are available to Carers UK members 24 hours a day, 365 days a year.

www.carersuk.org
0808 808 7777 (Mondays to Tuesdays, 10am-4pm)

The Children's Society

The Children's Society's Stars initiative provides a hub of information, guidance and resources on parental drug and alcohol use, and the impact it has on children and families.

www.childrenssociety.org.uk
0300 303 7000

DrugFam

DrugFam is a charity that provides support for families affected by alcohol or drug dependency. Through its support services, it aims to provide a lifeline of safe, caring and professional support to families, friends and carers who are struggling to cope with a loved one's addiction.

www.drugfam.co.uk
0300 888 3853

Family Lives

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life.

www.familylives.org.uk
0808 800 2222

Grandparents Plus

Grandparents Plus is the national charity which champions the vital role of grandparents and the wider family in children's lives – especially when they take on the caring role in difficult family circumstances. Its role involves advising and supporting grandparents and wider family members and offering them professional advice, information and casework support.

www.grandparentsplus.org.uk
0300 123 7015

The Icarus Trust

The Icarus Trust offers support for families of people with addiction, including alcohol dependence. It provides a 'Family and Friends' service, whereby trained volunteers offer personal support and help signpost to appropriate professionals who can provide specialist help.

www.icarustrust.co.uk

Nacoo

Nacoo is a helpline charity providing information, advice and support for everyone affected by their parent's drinking, including adults.

www.nacoo.org.uk
0800 358 3456

Relate

Relate is the UK's largest provider of relationship support. As well as offering advice and relationship counselling for couples, it also provides advice for parents and other family members to help families deal with difficult times. The charity has a network of Relate Centres across the UK and a group of licensed local counsellors that provide face-to-face counselling and support.

www.relate.org.uk
0300 100 1234

Scottish Families Affected by Alcohol & Drugs

Scottish Families Affected by Alcohol & Drugs exists to support those affected by the substance use of a loved one. It facilitates a Scotland-wide network of family support groups and runs a helpline service.

www.sfad.org.uk
08080 10 10 11

Find out more:

www.alcoholchange.org.uk/families