

[FAMILY AND FRIENDS ADULT SERVICE]

SUPPORTING YOU WITH SOMEONE ELSE'S ALCOHOL, DRUG OR GAMBLING MISUSE

NORCAS

alcohol • drugs • gambling
change happens together

[UNDERSTANDING THE ISSUES]

It's important to realise that you can't control someone else's drinking, drug or gambling pattern, but you can support them to make changes in their life. Give them encouragement and support while they make the decision for themselves to change their lifestyle. Here are some of the ways you can help:

- Check the facts about drugs, alcohol or gambling – being well informed helps you talk about the problem. You'll find more information at www.norcas.org.uk
- Find out what services are available to them
- Be supportive – remember it's the behaviour not the person you're unhappy about
- Acknowledge your own needs and limitations – you need to look after yourself too
- Talk to someone such as a close friend
- Talk to us at **NORCAS** – we offer a range of free, confidential services that can help people to reduce an addiction and make positive changes

[HOW NORCAS CAN HELP]

NORCAS is the largest independent provider of services for people with drug, alcohol and gambling problems in East Anglia. We work to reduce dependency and the harm it causes to individuals, families and communities, enabling people to recover their lives positively.

Our family and friends service is designed to help people who are affected by someone else's alcohol, drugs or gambling misuse. If you're facing problems with your health, relationships, work, finances, emotions and other aspects of your life as a result of their dependency, we can help you maintain your own wellbeing, understand more about addictive behaviour and make changes in a supportive environment. Our services are free and confidential and include an individual assessment of your needs, brief therapy, drop-in sessions, advice and information.

Assessing your needs as an individual allows us to agree a programme of help that's right for you and discuss problems in a caring environment.

Brief therapy takes place on a one-to-one basis in a private and confidential setting. It can help you work through issues that may have been affecting your life and empower you to move forward positively.

Drop-in sessions can encourage you to look after yourself emotionally and physically and gain a deeper understanding of substance misuse.

Information and advice is offered to families, carers and friends to help them understand more about substance misuse and look after their own wellbeing.

REFERRALS

To access our services, you can either be referred by your GP or other healthcare professional or you can refer yourself. Please contact the appropriate team within your area for more information or go to www.norcas.org.uk.

HOW TO SUPPORT US

As an independent charity, we rely on donations to help us deliver our greatly needed services. It's easy to donate online at www.norcas.org.uk and you'll find details of various other ways of donating, or call us on 01603 227053.

[CONTACT US]

If you're concerned about your or someone else's use of alcohol, drugs or gambling and you'd like more information, help or advice, please get in touch with us at:

NORCAS Norwich

01603 660070

Email norwich@norcas.org.uk

www.norcas.org.uk

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