

## OTHER USEFUL SERVICES

*(for family members affected by problematic drug and alcohol use)*

### North Dublin Community Care Service

(Drug & Alcohol Support)

Phone: **(01) 813 1786**

### HSE Drugs and Alcohol Helpline

Phone: **1800 459 459**

### Citizens' Advice Swords

Phone: **076 107 7510**

### Fingal MABS

Phone: **076 107 2550**

### Carnegie Counselling Swords

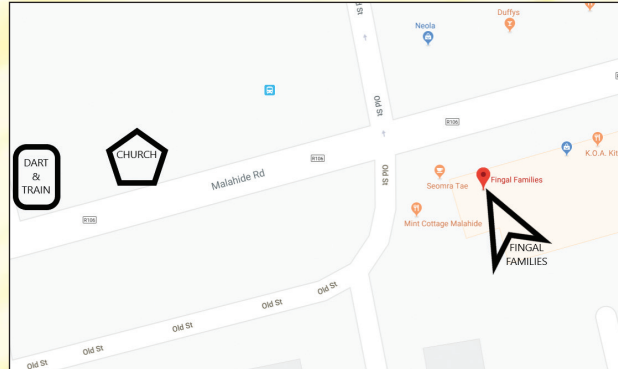
Mobile: **086 056 4702**

### National Family Support Network

Phone: **(01) 898 0148**



## FAMILY SUPPORT SERVICE LOCATION & CONTACT DETAILS



Contact: **Siobhán Maher**  
Family Support Specialist

Location: **32-33 Main Street**  
**Malahide**  
**County Dublin**

Phone: **01 223 3493**  
Mobile: **086 793 5644**  
Email: **siobhan@ndublinrdtf.ie**

This service is provided by:



**Supporting families and  
individuals concerned about  
another person's  
drug or alcohol use**

**This a Free &  
Confidential Service!**



## WHAT IS FAMILY SUPPORT?

Family members can get so caught up in trying to help the substance user they care about, that they often forget to look after themselves.

It can be really hard for family members to ask for help, but it is one of the most important things that you can do; not just for yourself but also for your loved one.

We understand the stress you are going through, and we are here to help you.

This Family Support Service is a free, confidential & non-judgemental service for families living in North County Dublin



## WHAT WE OFFER . . .

### **Information on substance misuse/Brief Advice & Support/Assessment:**

Family members are listened to and given accurate information on drug and/or alcohol use, and the effects on the family. If family members would like to get more support, an assessment for a support plan is then carried out to ensure that the most relevant and appropriate supports are offered.

### **AFINet-UK 5-Step Method:**

5-Step method is an evidence-based intervention for family members living with a relative's drug and or alcohol use. This can be offered on a 1-1 basis or in a group setting.

### **Triple P Parenting Groups:**

An evidence-based Parenting Programme that doesn't tell you how to be a parent; it gives you a toolkit of new skills and ideas.

### **STRONG Programme:**

An art based programme specifically developed to support children between the age of 7-11 years that are living with problematic drug or alcohol use in the home.

### **NFSN Young Person Support Programme:**

A ten week activity based programme specifically designed to support 12-17 year olds living with a drug or alcohol misusing relative.

### **Under 18s' Support & Counselling:**

Support & counselling for children under the age of 18 years. This is an adolescent-friendly service with an aim to enable young people and their parents or carers to deal with difficulties within the context of the family.

## WHAT WE OFFER CONTD. . . .

### **Family Counselling:**

Counselling and support for individuals and families, including family mediation and couples therapy.

### **Peer-Led Family Support Groups:**

These Peer-Led Groups bring together family members who are affected by a loved one's drug and or alcohol use to talk through issues with others in the same situation, and support each other in a confidential and non-judgemental setting.

### **Drug-related Intimidation Reporting Programme:**

This programme has been established by the Garda National Drug and Organised Crime Bureau and the National Family Support Network specifically to respond to the needs of the drug user and family members who are experiencing drug related intimidation.

### **Substance-misuse related Bereavement Support:**

Support for family members who have lost a loved one through drug or alcohol use, or related causes.

### **Signposting/Referral to Other Services:**

Referrals can be made for family members that need further specialist support, i.e.

#### **North Dublin Community Care Service,**

**CUIS** (Foroige),

**Drug & Alcohol Project** (Crosscare),

**Tusla Meitheal Process,**

**NVR Programme** (support for parents experiencing child to parent violence),

**SASSY** (Substance Abuse Support Specific to Youth)