

CONTACT US



Welcome to Family Drug Help.

We recognise that problematic alcohol and other drug use within the family can be overwhelming (with or without mental health issues).

We offer family members support, information, education, inspiration and the encouragement to practise self care. We don't judge family members because we've been there.

Call the Helpline 1300 660 068

Visit: www.familydrughelp.com.au

Email: fdh@sharc.org.au

Drop in: 140 Grange Road,
Carnegie, Victoria 3163

Helpline 1300 660 068

www.familydrughelp.com.au

Family Drug Help
is a program of:

**Self Help Addiction
Resource Centre**
140 Grange Road,
Carnegie, Victoria 3163
Melways Ref: 68 F5

sharc



How we can help you

HELPLINE

Want to talk to someone who understands what it's like to have a family member with problematic alcohol and other drug use?

We offer a confidential telephone service which provides support to family members in need. Our helpline is staffed by trained volunteers: mothers, fathers, grandparents, brothers, sisters, husbands, wives, partners, sons, daughters, and friends.
(Mon–Fri, 9–9pm)

"Calling the Helpline was a huge step for me. Being heard and understood without being judged or shamed made me feel so calm."

Family Drug Help offers a Spanish speaking Helpline which operates Tue 9–9pm. Phone 03 9573 1704

Helpline 1300 660 068

FAMILY AND FRIENDS SUPPORT GROUPS

Where can you go to be amongst people who understand?

The strain of living with someone else's problem behaviour is more than most people can cope with alone. In a support group you will be with others who have travelled a similar journey to yourself. Attending groups regularly can reduce feelings of fear, anxiety, depression, helplessness and shame by gaining support, information and ongoing education.

"The group has had a life changing affect on me. No longer do I feel the isolation that used to surround me."

Helpline 1300 660 068

FAMILY EDUCATION ACTION FOR RECOVERY COURSE: ARC

Going round and round in circles, overwhelmed by the chaos in your life?

Family Drug Help runs a six week educational course to provide you with knowledge and skills to better understand the complexities of addiction. It explores ways of improving your relationships, offers simple strategies for coping with anxiety and depression and helps you plan a positive future.

"I have learned and felt so much better about myself since doing your course; it's given me confidence to work on my relationships."

Bookings essential. Phone 03 9573 1786 arc@sharc.org.au

PRISON PROGRAM

Is the threat of prison a reality for your family?

Family Drug Help offers family members emotional and practical support to help with the difficulties associated with prison time and release. You can talk it over with someone who has experience of having a loved one in prison.

"I can now sleep knowing where he is but I still worry a lot about what's facing him and whether he will cope."

Re-negotiating Relationships Helpline Mon–Fri, 9–5pm
Phone 03 9573 1770

FAMILY COUNSELLING

Prefer a more personalised approach?

As part of our extended service for those who need extra support around difficult alcohol and other drug issues, a counselling service is available.

Helpline 1300 660 068

SIBLINGS SUPPORT

Is your brother's or sister's problem behaviour causing havoc in your life? Are you sick of seeing your whole family's mood revolve around your sibling's problem?

For more information visit www.familydrughelp.com.au
siblings@sharc.org.au

PRODUCTS

Call for our free booklets:

- Is Someone You Care About Using Drugs?
- Why Can't They Just Stop?
- Myth Busting Alcohol
- The Merry Go Round Of Addiction
- Family Drug Help's Quarterly Newsletter

Agencies can order online

