

## Welcome to Family Drug Help

The real value of a support group is not always immediately apparent and we may experience a gradual change in how we see and react to problems.

We can also benefit from learning and applying new strategies from topics discussed at meetings.

Attending a few meetings before deciding if they are of any benefit to you is recommended. Most groups receive visits from drug and alcohol family support workers to present relevant topics to your needs such as: boundaries, communication and coping skills.

If at any meeting issues arise for you that you find difficult to deal with in the group, or there is not enough time for discussion, then speak with the group coordinator or ring the 24-hour Family Drug Helpline and talk it over with a peer.

Phone: 1300 660 068 to find out more about the support groups including where to find a group near you.

## CONTACT US

Call the Helpline 1300 660 068

Visit: [www.familydrughelp.com.au](http://www.familydrughelp.com.au)

Email: [fdh@sharc.org.au](mailto:fdh@sharc.org.au)

Drop in: 140 Grange Road,  
Carnegie, Victoria 3163

Family Drug Help  
is a program of:

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

**sharc**

**FAMILY DRUGHELP**  
We've been there

**FAMILY DRUGHELP**  
a program of sharc

Helpline 1300 660 068

[www.familydrughelp.com.au](http://www.familydrughelp.com.au)

## Support groups

# How we can help you

## SUPPORT GROUP MEETINGS

We recognise that every member has a unique story and no-one else can know what is best for you, or give you definite answers to your problems.

It is through sharing our stories and listening to each other's experiences that we gain insight into how to take care of ourselves as we live through these challenging times.

Our meeting agreements create a framework of safety for all members and provide a climate that supports sharing, fellowship, authenticity and change.

***"The group has had a life-changing effect on me. No longer do I feel the isolation that used to surround me. I now feel there is hope."***

We welcome new members and will always provide an opportunity for you to speak if you wish. Members include parents, grandparents, siblings, partners, sons, daughters, step families, other relatives and friends who are concerned and have been affected by a loved one's use of alcohol and/or other drugs.

The facilitator's role is to help foster a group interaction that encourages learning and mutual support. The facilitator's role is not to provide answers. We provide education, resources, information, referrals and an opportunity for everyone to share their experiences.

Some groups operate very well with rotating the role of the facilitator, so that all members can have the opportunity to support and share their experiences with the group.

The group is restricted to people who are coping with the alcohol or drug use of a loved one. If you need help for your own alcohol and drug issues, phone Directline on 1800 888 236.

## ASSURANCE

When you attend a support group, you can expect:

- To be warmly welcomed
- To have anything you share remain confidential
- To be treated with respect
- To be listened to without judgement
- To hear others' stories and gain insight, hope and ideas
- To benefit from mutual support

## AGREEMENTS

When you're at the meeting, we ask that you agree to:

- Observe and protect the confidentiality of other members
- Treat all members with respect
- Refrain from talking when someone else is speaking
- Share your experiences, however, refrain from telling others what to do

