

“With my son in prison, it just seemed like a settling time for our relationship, we could sit, be still and just be. I wasn’t angry and I didn’t have to focus on his drug use., which used to be the centre of our conversation.”

“ I kind of move on to a place where I feel like I want to get better for myself and not just for my partner in jail”



“ I really had to try hard to let go of the pre-conceived ideas and things I had for him. When he was released he looked so good and healthy, I wanted to show him off to everyone”

**FDH Family Support Service
Call the Helpline:
03 9573 1770**

For emotional and practical support for families coping with loved ones’ drug and alcohol use and imprisonment

“ After support from Family Drug Help ,we were able to start communicating for the first time”



**140 Grange Road
Carnegie 3163
Tel: 9573 1700
A program of**



www.familydrughelp.com.au



**Prison Support Service
for Families working
with
Re-negotiating
Relationships**



Prison Support Helpline

03 9573 1770

As families, we go through a difficult and challenging time when separated from loved ones. We have to cope with anxiety, stress, anger, guilt, fear and worry for our loved ones' welfare and safety.

Loved ones also have to cope with a sense of isolation, loss of independence and for first time offenders, fear of the unknown.

Family Drug Help (FDH) offers family members emotional and practical support to help them navigate through the difficulties and emotional challenges associated with prison time and release.

FDH also specialises in supporting families struggling with loved ones' drug or alcohol use.

**Call the Helpline:
03 9573 1770**

Family Drug Help provides:

- *Helpline support from 9am-5pm Monday to Friday (Messages can be left after 5 pm)*
- *An after hours call back can be made at a time that suits you.*
- *Opportunities to talk with other family members with similar experiences.*
- *Access to 24 family support groups state-wide.*
- *Action for Recovery - a six week education program*
- *Free counseling service and referrals to specialist service providers.*

Action for Recovery (ARC)

Family Drug help offers a six week education program that explores the positive and negative cycles in our lives when drug or alcohol misuse is present in the family.

The course will assist participants to gain an understanding of addiction and pathways to recovery.

Support Group

Attending support group offers one's opportunity to gain insight and understanding around issues relating to loved one's substance use. You will be listened to without judgment and all information is shared with confidentiality and respect.

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