



NSW

Family, Carer and Friends Support

Directions' Family, Carer and Friends Support Program offers free, non-judgemental, confidential support for anyone over 18 years old who is affected by someone else's alcohol or drug use.

If someone close to you is using drugs, it can affect every part of your life. It may affect your health, your living situation, cause money troubles or stress in your relationships.

We take the time to understand your unique situation and tailor our support to your specific needs.

We know reaching out can be hard. No matter where you're at, whether this is new or something you've carried for years, we're here to help.

Counselling

- One-on-one with a family AOD Practitioner;
- Support to explore your experiences, feelings, boundaries & needs;
- Self-care and stress management strategies

Education

- Learn more about alcohol and other drug use;
- Understand the impacts on families and friends;
- Learn tools for communication and coping.

Connection

- Support groups for people in similar situations;
- Opportunities to share stories, ideas and support;
- Safe spaces to feel heard and understood.



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SHaWS AOD Hub 02 6492 8800 sapphire@directionshealth.com



Directions
Health Services