

# GALWAY DRUG AND ALCOHOL FAMILY SUPPORT



The Galway Drug and Alcohol Family Support Service provides a safe and confidential space for people who are affected by a loved one's drug or alcohol misuse. The service is free – available over the phone, online and in-person at various locations within Galway city to those aged over 18 years.

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**WESTERN REGION**  
Drug & Alcohol Task Force  
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## Family members affected by substance misuse often require support in their own right.

Families can neglect their own needs, instead focusing their energy on helping their loved one who is using. The stress and strain of this can have a negative impact on a family member's physical, mental and social wellbeing – this can manifest in the form of lack of sleep, headaches, social isolation, being distracted, depression, anxiety.

The Drug and Alcohol Family Support service provides an opportunity to receive individualized support focusing on your own needs, goals, interests and strengths as well as exploring the impact substance misuse has on your family.



### WHAT WE OFFER:

**ONLINE:** Throughout the year there are various groups, information sessions and events available for family members to attend online. Please go to our website to see what is currently available [www.wrdatf.ie](http://www.wrdatf.ie)

**ONE TO ONE SUPPORT:** A safe and non-judgemental space where you are listened to and supported. The family support worker will help you identify and work with your needs, goals and strengths.

**INFORMATION:** Give relevant information on drugs, alcohol, and the effects substance misuse has on individuals and the family.

**EVIDENCED BASED SUPPORT PROGRAMMES:** The provision of family support programmes such as 5-Step, CRAFT and Non-Violent Resistance Training. The 5-Step Method to Family Support explores the stress and strain that substance use can have on the family member. CRAFT is a family support program which focuses on developing skills of the family member in an attempt to improve their own well-being, while also trying to reduce the substance use of their family member. Non-Violent Resistance (NVR) training is a response to child to parent violence and abuse which aims to equip parents with skills to resist, persist and prevent violence within the home.

**DRUG RELATED INTIMIDATION:** Information for families experiencing drug related intimidation.

**REFERRAL OPTIONS:** Provide sign posting to further services based on needs.

**RESPIRE AND WELLNESS OPTIONS:** Planned events for family members.

**SELF-CARE:** Promote physical, mental and social health and well-being.

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