

ROSCOMMON DRUG AND ALCOHOL FAMILY SUPPORT



The Roscommon 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 use.

The service is free and available to those aged over 18.

Contact: Maria Powers

M: 087 6955557

E: maria.powers@wrdatf.ie



WESTERN REGION
Drug & Alcohol Task Force
Methúil Droigil an Iarthair



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:

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 and CRAFT. 5-Step is a programme working with the stress and strain substance misuse has on a family member. CRAFT is a family programme developing skills such as communication and problem solving.

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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