Welcome to the Winter edition of the Family Drug Help newsletter!

In this edition, we focus on stigma, a word that conjures shame, isolation and rejection. Stigma is a barrier for families seeking support as much as it is for those grappling with substance use and/or gambling.

Stigma can unleash a maelstrom of thoughts and feelings that immobilise us – our world and those we care for can be collapsing around us yet something prevents us from getting the help and support we need.

‘For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.’

Audrey Hepburn

Stigma is corrosive and undermines our sense of self-worth, that we need and deserve support. Fortunately, we know that stigma, as real and fearful as it is, can be overcome. It can be as small as reaching out – anonymously by calling the Helpline or confiding in friends or family.

This can lead to broader support, especially from others with a shared experience where you realise you are not alone. This is always a profound moment when we recognise that there is something greater than our fear and isolation – a place where understanding, compassion and hope emerge to transform our lives and the community around us.

This is echoed in the mission of SHARC in which we envision a world where all people affected by the impact of addiction can proudly and openly seek help, help each other and demonstrate the living proof that recovery is possible.

From all of us at Family Drug Help,

Rob Campbell
Manager FDH

For more information or to register for any of the programs mentioned in this newsletter, please contact the helpline at Family Drug Help

1300 660 068
A first of its kind in Australia, InFocus Gambling is delivered through a peer support framework, facilitated by professionals who have also been impacted by gambling. It has been developed with the support of the Ian Potter Foundation and is being evaluated by Deakin University.

With an emphasis on personal safety, self-help and empowerment, the program delivers therapeutic and practical content along with the opportunity for people to connect through their shared experiences. We also run the following monthly support groups:

**Banyule**
- 6-8pm on the first Tuesday of the month - Banyule Community Health, 21 Alamein Rd, Heidelberg

**Carnegie**
- 6-8pm on the first Wednesday of every month - SHARC, 140 Grange Rd, Carnegie (Bookings are essential for both groups)

Call our Helpline on 1300 660 068 to book for the support groups, or to find out when and where we will be running the next InFocus Gambling program.

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**Support Groups News**

The Support Group and Helpline volunteers recently took part in a profession development day - a day to learn and connect with each other.

The themes for the day were Family Violence with a guest speaker from Victorian Police and a session on Managing Emotions. We also unleashed our inner balloon artists with Mr Balloonatic!