

Welcome to Family Drug Help

Family Drug Help (FDH) provides practical help, information and support to families and friends impacted by someone's drug and alcohol use.

We provide professional and peer-based services across Victoria. We know what it's like because we've been there.

We deliver responsive, integrated programs to communities, using our specialist skills and our personal understanding to support and empower families.

A unique part of FDH is our emphasis on the value of lived experience. Our experience tells us that people who have 'been through it themselves' are regarded as particularly effective sources of support. This is because they recognise the nature of the stresses, the dilemmas of coping, the competing needs and the ambivalent feelings towards their relative or friend.

1300 660 068

Family Drug Helpline



- **Call us 24/7**
- **Confidential support**
- **Information & referral**
- **Speak to trained volunteers with lived experience**

Contact Us

140 Grange Road, Carnegie VIC 3163
www.sharc.org.au fdh@sharc.org.au



Is someone you care about using drugs or alcohol?

1300 660 068

How we can help you

HELPLINE

Is someone you care about using drugs and alcohol?

We offer a confidential telephone service which provides support, information, strategies and referral to family members and friends in need.

**Phone 1300 660 068
24-hours, 7 days a week**

Our helpline is staffed by trained volunteers who know what it's like, they too have been impacted by someone's drug and alcohol use. To speak to a person with family experience call Monday-Friday, 9am-5pm. After hours calls are answered by trained counsellors.

We provide:

- Support and understanding
- Information, resources, and referrals to other services
- An interpreter option so you can speak to us in your language

"Calling the Helpline was a huge step for me. The realisation that I am not alone lifted a huge burden from my shoulders."

INFOCUS EDUCATION PROGRAM

Are you going round and round in circles, overwhelmed by the challenges in your life?

InFocus is a comprehensive education program that offers practical information, coping strategies, life skills and the opportunity for people to connect through their shared experiences.

The program is facilitated by professionals who have also been impacted by someone's drug and alcohol use and is generally held one evening a week over a 6 week period.

It provides relevant information about addiction, family responses, the change process and recovery. We aim to support a shift of focus from the challenges you are facing to a new way of living.

"This course has given me hope. I have more confidence in dealing with situations that arise from addiction. Its been very enlightening and engaging."

Please phone our Helpline on 1300 660 068 to find a program near you.

FAMILY COUNSELLING

Prefer a more personalised approach?

Our free counselling service provides professional and confidential support to families and friends impacted by someone's drug and alcohol use. Our family focused approach offers a supportive environment to identify your needs and explore some of the challenges you may be facing while working together to overcome them.

"(It's had) an enormous positive impact, personally it has enhanced all the relationships in my family, with my children and also my husband...I have experienced counselling and therapy for over 30 years but have never benefited more than I have from Family Drug Help"

Please phone our Helpline on 1300 660 068 to make an appointment.

BREAKTHROUGH ICE EDUCATION

BreakThrough offers workshops to families and friends who have been impacted by someone's ice use. It supports you to get the facts, develop strategies and find out where to access help and support. BreakThrough provides information about what ice is, why people use it and why it causes problems for the individual, family and the broader community.

BreakThrough was developed by Turning Point, SHARC and the Bouverie Centre with funding from the Department of Health and Human Services Victoria. It is a free program, facilitated as either a single or double session.

"Very informative, with practical advice and tools that can be used in everyday situations"

Please phone our Helpline on 1300 660 068 to find a BreakThrough near you.

FAMILY AND FRIENDS SUPPORT GROUPS

Our support groups are an opportunity to connect with others who are having similar experiences. They have an educational component and are a forum for you to share what's going on for you in a supportive space.

Our support groups operate all year round in various locations around the state.

"The group has had a life changing effect on me. No longer do I feel the isolation that used to surround me, now I have learnt new ways of coping."

Please phone our Helpline on 1300 660 068 to find a group near you.

THE SUPPER CLUB

Trying to cope with the loss of a loved one?

The Supper Club is a support group for families and friends who have lost a loved one as a result of drug and alcohol use.

The Supper Club provides members with support, mutual learning and hope. It is facilitated by a professional grief counsellor and provides the opportunity for people to connect through their shared experiences.

"I finally felt like I belonged and that those surrounding me understood my pain as I understood theirs."

Please phone our Helpline on 1300 660 068 for more information.

