

FAMILY AND CARER SUPPORT



Families and carers play an important role in supporting people close to them in their recovery from drugs or alcohol.

However, they often struggle to get the support they themselves need. As well as physical and psychological stress, families and carers can be left to deal with stigma and shame from society and often feel anxious, frustrated and alone.

Are you supporting someone else in their recovery? We provide a service for residents of the London Borough of Sutton, offering care and support to families and carers of those experiencing difficulties with alcohol and drug misuse or addiction. By seeking support for yourself, you will be able to better support your loved ones.

Our holistic services include:

- Peer Support Group: Fridays 6.30pm - 8pm
- Psychoeducation sessions: Tuesdays 6.30pm - 7.30pm
- Arts Psychotherapy Group: Thursdays 10am - 11.30am
- One to one counselling
- Mentalisation-based treatment for families
- Drop in advice and information
- Support and advocacy
- Family events
- Relaxation sessions

Inspire Partnership

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