

How to contact the the Substance Misuse Carer Support Project

Whether you are the person who wants the support or a professional making a referral, call the Wandsworth Carers' Centre and speak to:

The Project Worker

020 8675 0811

(Balham office)

Monday to Friday 9.30am to 5pm

By appointment only:

46 Balham High Road

London

SW12 9AQ

If there is no one available to take your call on the above number please contact the Wandsworth office on 020 8877 1200 for general information and to leave a message for the project worker.

You can also access 181 Wandsworth High Street, SW18 4JE Monday to Thursday 10am to 5pm for general information about the service.

**Does someone you care about use
Drugs or Alcohol?**

**The Substance Misuse
Carer Support Project
can help**



The Princess Royal Trust
for Carers

Wandsworth Carers' Centre

***'We provide support to anyone affected by the
substance or alcohol misuse of another person.
This could be a partner, relative, friend or neighbour.'***

If you answer yes to any of the following then the service could be for you

- *Does someone you care for use drugs or alcohol or do you worry that they might be?*
- *Would you like to learn more about drugs and addiction?*
- *Are you confused, stressed, frustrated or fed up?*
- *Do you worry about their drinking or drug use affecting their mental health?*
- *Do you want to know what help is available to them and to you?*
- *Is trying to make someone control or stop their drinking or drug taking starting to feel like an uphill struggle?*
- *Do you know someone who likes to drink but are not sure if it's becoming a problem?*
- *Do you feel alone, ashamed or scared?*
- *Would you like to learn coping strategies to deal with someone's using behaviour?*
- *Do you know someone who is receiving help or treatment for their drug or alcohol use and want to know more about what goes on?*
- *Do you have questions that you want answers to?*

Who the service is for

The Substance Misuse Carer Support Project provides support to people over the age of 18 affected by the use of another adult's drug or alcohol use. You can be a mother, father, partner, son, daughter, brother, sister, relative, friend or neighbour. You can access the Project if either you, or the person whose Substance Misuse you are affected by, is a Wandsworth resident.

Support available

We can offer you one to one appointments, telephone support, outreach sessions and groups.

Because we know that someone's drinking or drug use can have an impact on you in many other ways than listed here, information, advice and support can be general or more specific such as:

- Drug and alcohol awareness sessions for yourself,
- Getting information on relevant services available to the person you care for, or
- Just taking some time out to talk through how the situation is affecting you.

Other support services at Wandsworth Carers' Centre include Information and Advice, Counselling, Complementary Therapies, Coffee Mornings, Breaks Project, Back Care Project, Targeted support for Mental Health Carers and for Asian Carers.