



The FADS group meets once a week on a **Tuesday night, 6pm-8.30pm.**

The group environment is one of safety and confidentiality - we ask that all members respect this.

There is no expectation to speak until you are comfortable. You will not be asked to do anything you are not comfortable with - our group is one of respect and care.

The group works on a first name only basis and would like to extend a warm welcome. If you would like to find out more please contact us.



CONTACT US

FADS - Family Alcohol and Drug Support:

The Alcohol and Drug Service
Taranaki Base Hospital
David Street
New Plymouth

Telephone: 06 753 7838

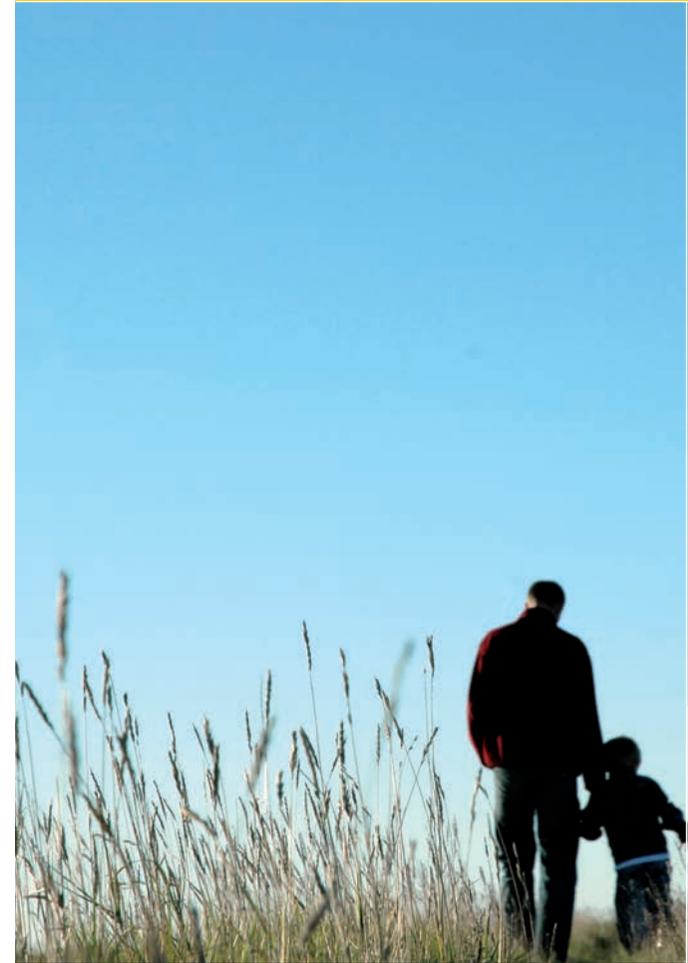
Ask to speak to someone about Family/Whanau Support.

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FADS

Family/Whanau Alcohol and Drug Support



Do you worry about somebody else's alcohol and/or drug use?

www.tdhb.org.nz



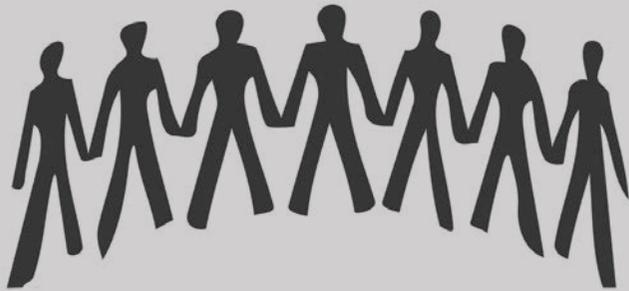


■ ■ Is someone's drinking or drug use impacting on you and your family/whanau?

Is that person having trouble controlling their drug or alcohol use?

Nearly out of ideas on what to do?

Would you like support?



■ ■ If you answered yes to any of these questions,

Then... FADS
(Family Alcohol and Drug Support)
may be for you.

Our group offers free support and information for families struggling with alcohol/drug issues.

Alcohol and drug misuse can cause pain and frustration for families. We are here to help strengthen your ability to cope. Concerned significant others often have feelings of helplessness and hopelessness which may lead to depression and anxiety.

Stigma about alcohol and drug abuse involves feelings and thoughts of shame, blame and guilt that may lead to secrecy and prevent people seeking advice or support.

Family/Whanau members feel empowered when they receive support from others who are experiencing similar issues. Through sharing in a supportive group environment family members have an opportunity to tell their story and learn valuable skills.

Research has shown that people who struggle with alcohol or drugs have a greater chance of seeking treatment if their family/whanau are receiving support and education.

So seeking support for yourself may also help loved ones.

