

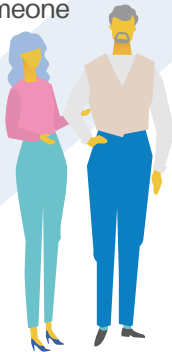
## Being There can help

We are a free, confidential, non-judgmental service that will offer YOU a listening ear when struggling with your loved one's drug or alcohol use.

We can offer YOU emotional support, help and practical advice...when you need it most.

## Whatever the relationship, Being There is there for you

Being There can help the parent, sibling, grandparent, child [over 18], partner, best friend of someone struggling with alcohol or drugs problems.



**Being There**  
FAMILY SUPPORT SERVICE

**Call us:**  
**0333 8806950**



## ARE YOU CONCERNED ABOUT A LOVED ONE'S ALCOHOL OR DRUG USE?

### How does THIS make you feel?

If you are over 18 and living in Dumfries and Galloway, we can help you!



## DO YOU OR YOUR FAMILY FEEL OVERWHELMED BY YOUR LOVED ONE'S BEHAVIOUR?

We understand: it is not easy to live with someone's problematic alcohol or drug use. Do you or your family feel overwhelmed by your loved one's behaviour or isolated due to the stigma around drugs and alcohol?

**IT IS SO EASY TO FEEL GUILTY  
AND FORGET ABOUT YOUR OWN  
NEEDS...**

## Being There FAMILY SUPPORT SERVICE

**Call us:  
0333 8806950**

**Email us:  
[BeingThere@adssws.co.uk](mailto:BeingThere@adssws.co.uk)**

Your details will be passed to the family support worker in your area and they will contact you for a chat.

