

SUPPORT SERVICES

AL-ANON

BREAKTHROUGH FOR FAMILIES

HEADSPACE

FAMILY DRUG SUPPORT

FAMILY DRUG AND GAMBLING HELP

Path2Help



Al-Anon Family Groups Australia

Al-Anon has thousands of members from every walk of life. No matter what your relationship is to the alcoholic, you will find someone else in a similar situation. Our members may have husbands, wives, mothers, fathers, brothers, sisters, sons, daughters, grandparents, great grandparents or close friends who are alcoholics.

We all share a common bond: that we have been affected by another person's drinking, and we are using the Al-Anon program to recover from these effects.

www.al-anon.org.au



Misinformation in the media and public discourse about drug use and addiction creates stigma and shame for people who use drugs and their families, making it more difficult to seek help.

BreakThrough is a program for family, friends and partners of people with addictive behaviours and offers practical strategies about how to talk to loved ones about their substance use, better respond to and manage challenging behaviours, and make self-care a priority.

Developed by Turning Point, Self Help Addiction Resource Centre (SHARC) and the Bouverie Centre, BreakThrough is funded by the Victorian Department of Health.

www.breakthroughforfamilies.com



headspace is Australia's National Youth Mental Health Foundation, providing early intervention mental health services to 12-25 year olds.

In everything we do, we aim to meet the evolving and unique needs of young people and those who support them. That's why our [youth reference groups](#) are at the heart of our work, and they play an active role in designing, developing and evaluating our programs.

Parents, carers and family can provide vital support for young people when they are having a tough time. headspace is here to support these group of carers through these challenges and transitions.

www.headspace.org.au/services/family



“To assist families throughout Australia to deal with alcohol and other drugs issues in a way that strengthens relationships and achieves positive outcomes”.

To provide support to families and friends of alcohol and other drug users in the most appropriate way to meet their needs.

To assist families to deal with alcohol and drug issues in a way that strengthens relationships and achieves positive outcomes.

To provide a safe, nurturing and confidential environment for clients to address alcohol and other drug issues.

Support Line: 1300 368 186, 24 hours, 7 days a week
www.fds.org.au



Family Drug and Gambling Help provides practical help, information and support to families and friends affected by someone's drinking, drug use or gambling.

Delivering professional and peer-based services across Victoria including counselling, support groups, educational programs and a 24-hour helpline.

The Family Drug and Gambling Help program combines specialist skills and personal understanding to support and empower families.

The 24/7 Helpline can give you immediate support and help you find the program or service right for your needs.

Call 1300 660 068, 24 hours, 7 days a week
www.sharc.org.au/sharc-programs/family-drug-gambling-help



The Path2Help portal by developed by the Alcohol and Drug Foundation for family and friends of people who use alcohol and other drugs. It helps Australians sift through thousands of specialist services to find what's right for them.

Path2Help helps you get support early, as soon as you identify a problem. The portal asks up to 11 questions and provides local, low or no-cost support services based on your answers – you don't need to know what you're looking for, Path2Help's intuitive search function does it all for you.

www.adf.org.au/help-support/path2help

Path2Help. **Somewhere to turn to.**

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