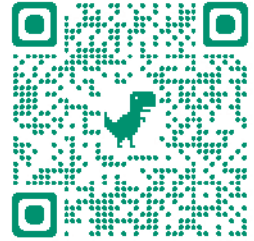


Scan me
to find
out more



It could happen to you

**Addiction doesn't
discriminate**

**Addiction can happen
to anyone. Are you
affected by a relative
or friend's addiction?**

If so, contact us, we'll
put you in touch with
a great network of support
you can access for help.



Support available

- Regular groups where you can get support from other family members and friends affected by addiction, and connect with local support organisations
- Someone to talk to on a one to one basis
- Signposting to other services
- A range of events to support your wellbeing
- Practical advice on benefits and rights
- Support is available for all ages

“**My son’s addiction!** I had lost control of my life, my family, my world, as I once knew it. Everything was falling apart. I was falling apart. I knew I needed help. I was lucky enough to somehow find York Carers Centre and their Substance Misuse Support Group. Finally I started to heal.

“**I’ve been attending peer support groups for some time now,** to help me cope with my son’s addiction. It’s been a lifeline. I can’t thank the group enough.

“**I thought I was the only one who had an elderly father drinking wine for breakfast.** I could see my dad was deeply suffering and he didn’t want to talk or even acknowledge his alcohol use, but I needed to talk to somebody. I just didn’t know what to do or not do. It was awful. Thank goodness I found the York Carers Centre Substance Misuse Support group.

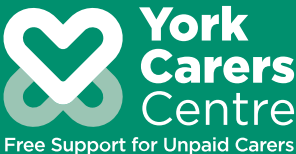
“**But for the valuable advice and support gained** from staff at York Carers Centre and from attending the Support Group, I can’t help but think my daughter may have passed on or my relationship with her have been totally destroyed!

“**I have been a volunteer supporting staff and people** affected by substance misuse for the last 10 years. We hear, listen, empathise, understand and can offer guidance with the dilemmas you face. You are not alone. We are here for you!

If you would like to read this in a different language please email us at the address below



Do I look like I care?
#NHSThinkCarer



Free Support for Unpaid Carers

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enquiries@yorkcarerscentre.co.uk
www.yorkcarerscentre.co.uk

York Carers Centre has been awarded PQASSO Quality Mark Level 1.

Registered charity
number: 1127644
Company number:
06760783