

# Drinking?

Want to make a change?

Family and Friends: Are you worried about someone else's drinking?



## Are you worried about someone else's drinking?

Make The Change is a website and resource manual designed to offer information on alcohol reduction, and treatment options for anyone looking to make changes in their drinking. The site is also designed to offer information on supports and services available for family members or concerned others who are affected by alcohol misuse at home or in their relationships.

The website and manual offer a directory of services outlining supports for individuals looking to make a change but also services offering support to family members and concerned others.

The services listed on this site are based in Dublin mainly within, or adjacent to, the following Drug Task Force Areas: Dublin 12, The South Inner City, Ballyfermot, and The Canal Communities (Rialto, Inchicore, and Bluebell). If you are looking for information on supports outside of these areas we recommend you get in contact with the HSE Drug and Alcohol Helpline.

## What is family support?

There are a range of services in the community that offer both one to one support and group support to family members and concerned others who are affected by drug/alcohol misuse at home or in their relationships.

The programmes or one to one sessions are designed to assist participants to cope with the stressors associated with this. It also works on learning skills to mitigate the effect addiction has on themselves and the family. These support groups can focus on a range of topics such as: learning new ways to respond, education around the progression of addiction, self-care and coping mechanisms and co-dependency. One to one key working, counselling, other education and training

programmes may be offered as part of these groups depending on the service.

### Would you like to know more about family supports?

To find out more information on these supports and where you can access them, please visit [www.makethechange.ie](http://www.makethechange.ie). If you don't have access to the internet, we recommend you speak to your GP or healthcare professional who may be able to support you in finding out more information.



Please find a list of free, confidential services who may be able to help you on [www.makethechange.ie](http://www.makethechange.ie)



For additional information you can also contact The HSE Drug and Alcohol Helpline on **1800 459 459** or email [helpline@hse.ie](mailto:helpline@hse.ie)

**makethechange**  
An Alcohol Reduction Resource

[www.makethechange.ie](http://www.makethechange.ie)

