

Benefits to FAMILIES and USERS

Why seek support and help when you have a loved one that is experiencing problems with drugs and alcohol.

What are the Benefits for Families and the ex user / user?

Many families ask the question-Why we would seek help? We are not the ones with the problem!

This is a list of benefits for the family and for the ex user/ user. Support could:-

- ✓ **Alleviate family friction and improve communication, not just with the drug user but with other members of the family.**
- ✓ **Lead to reassurance of your rights and responsibilities.**
- ✓ **Lead to greater understanding of addiction and the treatment options available.**
- ✓ **Lead to less focus on the user and more focus of your own wellbeing.**
- ✓ **Strengthen family relationships and improved skills for dealing with the presenting issues.**
- ✓ **Lead to more resilience.**
- ✓ **Help with not feeling so isolated.**
- ✓ **Highlight family strengths and boost them.**
- ✓ **Improved understanding could enhance the chances of the user maintaining a drug free life. Thereby assisting with the recovery process.**
- ✓ **Alleviate stress, anger, frustration and distress.**
- ✓ **Heal the wounds that active addiction inflicts.**

Active addiction causes many problems for the user and for the families involved. Families that have a loved one misusing drug and alcohol are often stressed isolated and suffer from shame and guilt. These feelings often make it hard for them to seek help and support. Often families want to fix the problem by looking for a magic wand or a cure. There is no magic wand. No treatment will work until the user wants it to. Some families spend so much time worrying about the user that they forget to look after their own needs and as a consequence they get more stressed, more worn out and more anxious.