



Nottingham
Recovery
Network

Information for family members and carers

If someone you know or care for is facing substance use issues, we can support you as part of their recovery journey.



We aim to reduce the impact of drug and alcohol-related harm on family life and promote positive family involvement in recovery. Our experienced Practitioners and Volunteers can provide support to ensure that people accessing our services know how to best support and inform their loved ones, whilst progressing on their recovery journey.



We offer advice and support on the tools needed for family members, carers, and concerned others to:

- Reduce isolation
- Increase their confidence
- Set appropriate boundaries
- Become more knowledgeable about the addictive cycle of substance use
- Work through any emotions such as guilt, shame and anger.

Support options

Various support options are available, and family members or carers can choose whichever feels right for them.

- One-to-one support, including advice and signposting
- Group therapeutic sessions
- Online support sessions.



Get in touch to find out more

Call 0800 066 5362

Email familiesandcarers@frameworkha.org

Website www.nottinghamrecoverynetwork.com

**Visit us in-person Nottingham Wellbeing Hub,
73 Hounds Gate, Nottingham NG1 6BB**