Support for Family and Friends caring for someone with drug or alcohol dependency

All our services are free and confidential

Useful Contacts

Specialist Drug and Alcohol Services in West Sussex
- Change Grow Live: 0300 303 8677 - www.changegrowlive.org
- Action on addiction: www.actiononaddiction.org.uk/home.aspx
- Adfam: www.adfam.org.uk

Support for Children affected by substance use in their family
- West Sussex Young Persons Substance Misuse Service
  wsypsms@cgl.org.uk – 03003038677 (option 1)
- Young Carers Team: 01903 270 300

Other Support to Families
- Benefits Advice Line: www.direct.gov.uk
- Grandparents Association: 0208 981 8001
  www.grandparents-association.org.uk
- Sussex Mental Health Helpline: 0300 500 0101 - www.sussexpartnership.nhs.uk/sussex-mental-healthline
- Samaritans: 116 123 & www.samaritans.org
- Victim Support: 0808 168 9111 - www.victimsupport.org.uk
- Family Rights Group: 0808 801 0366 - www.frg.org.uk
- Offenders’ Families Helpline: 0808 808 2003
- Frank: 0300 123 6600 - www.talktofrank.com

If you would like this leaflet in an alternative format please let us know, e.g. large print or braille.

June 2019
What we offer
A network of friendly, free and confidential options including:
- Individual appointments at a time and place that suits you
- Information about drugs and alcohol
- Local drop in services and support groups
- Support and information packs sent out by post or email
- Regular newsletter
- Phone helpline: 0300 028 8888
- Website: www.carerssupport.org.uk

How to Survive Someone Else's Drug Use
- Open and honest communication
- Don’t be afraid to talk to people and ask for help
- Be clear on boundaries
- Look after yourself
- Seek help
- Don’t put your life on hold and continue to do the things you love

Carers Groups
We run groups for carers across West Sussex.
Please note these groups may be subject to change - please call 0300 028 8888 for up to date details or visit www.carerssupport.org.uk

Bognor Regis
Quaker Meeting House, 6A Victoria Drive, PO21 2RJ
Please note from July 2019 we will meet at My Sister’s House, 108 London Rd, Bognor Regis PO21 1BD
- Last Friday of month 5.30pm to 7pm
- 1:1 appointments with 24 hours notice - 3rd Wednesday of month 2.30pm to 4pm

Burgess Hill
The Old Post Office Resource Centre, 30 -32 Station Road, Burgess Hill RH15 9DS
- 1st Wednesday of month - 1pm to 2.30pm

Chichester
Change Grow Live, The Old Post Office Mews, South Pallant, Chichester PO19 1XP
- Family Worker 4th Wednesday of month - 2pm to 4pm
Change Grow Live, Chichester Children and Family Centre, St James’s Road, Chichester PO19 7AB
- 1st Wednesday of month - 1pm to 3pm

Crawley
Change Grow Live, Centenary House, Woodfield Road, Crawley, RH10 8GN
- Drop In 1st and 3rd Monday of month - 2pm to 3.30pm
The Hub, Broadfield Library, 46 Broadfield Barton, Broadfield, Crawley RH11 9BA
- 2nd Wednesday of month - 1.30pm to 3pm

Horsham
Club Room, Horsham Hospital, Hurst Road, Horsham RH12 2DR
- 3rd Tuesday of month - 11.30pm to 1pm

Lancing
Lancing Children and Family Centre, 42 North Road, Lancing BN15 9AB
- Last Friday of month - 1.30pm to 3pm
Please note from June 28th we will meet at The Parish Hall 96-98 South Street, Lancing BN15 8AJ

Southwick
The Corner House Resource Centre, 45 Southwick Street, Southwick BN42 4TH
- 1st Thursday of month - 6pm to 7:30pm

Worthing
Carers Support West Sussex, 19 Liverpool Gardens, Worthing BN11 1RY
- 3rd Thursday of month - (includes mental health) 5.30pm to 7pm