

Are you worried about a family member's drug or alcohol use?



When a family member has problems with drugs or alcohol, we can often feel very alone.

You might feel worried about telling someone because you don't want your loved one being judged. You might feel too ashamed to talk or feel like you're doing something wrong. You might worry about their health or how they behave when they've used drugs or alcohol. You might find it hard to talk to them because you don't want to upset them. You might also feel very angry at them for not changing their use and the impact they're having on you and your family.

You Are Not Alone *"When I first came here I didn't have much hope. But Aquarius will do their best to help you. It has been one of the most useful experiences of my life"* Young Person Using Service.



Aquarius is a young people's drug and alcohol service for 5-18 year olds and we have supported hundreds of children, young people and families affected by someone else's drug and/or alcohol use.

We provide a confidential space where you can talk about your emotions without feeling judged.

Our aim is to keep you safe. Everyone has the right to feel safe and our work will support you with this. Sometimes this will also mean working with other services who will ensure that you and your family are protected.

If your family member isn't already getting help for their drug or alcohol use and if it's appropriate, we can try and encourage them to get support.

But ultimately, it is up to them to make those changes.

What we can do is **help you manage your emotions** so you feel less worried, angry or upset with your family member and feel happier in yourself.

How do we do this?

Using the 7c's of addiction we will help you understand that... I didn't Cause it, I can't Cure it, I can't Control it.

I can Care for myself by Communicating my feelings, making healthy Choices and by Celebrating myself.

If you or someone you know is aged between 5-18, lives in Bedford Borough or Central Bedfordshire and would like support from Aquarius Young People's Team, please:

Call: 0330 008 3925

Call/Text/WhatsApp: 07467 336203

Email: YPBedfordshire@aquarius.org.uk



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