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## **Factsheet DA3 Internet information – drug & alcohol**

Is your life affected by the drug or alcohol use of a relative or friend? If so you might experience feelings of fear and loss; anger and betrayal; shame and isolation. There are many resources available on the internet giving detailed information on issues that may be of concern to a family carer of a relative or friend who has a problem with drugs or alcohol. Rather than trying to reproduce this information, this is a summary of some of the more useful websites that are a good place to start any research. If you do not have access to the internet, or if you would prefer us to print off the information for you, please contact *Carers in Hertfordshire*, and we will be very pleased to help.

### **Useful information for all carers**

These websites are not drug or alcohol specific, but have much useful general information for carers.

[www.carersuk.org](http://www.carersuk.org)

Carers UK

[www.carers.org](http://www.carers.org)

Princess Royal Trust for Carers

### **Information for carers affected by the drug or alcohol misuse of a relative or friend**

[www.addaction.org.uk](http://www.addaction.org.uk)

Addaction is a UK charity working in the field of drug and alcohol treatment. The site has a section specifically for parents and carers.

[www.adfam.org.uk](http://www.adfam.org.uk)

Adfam is a national charity working with families affected by drugs and alcohol and is a leading agency in substance related family work. A list of their publications and resources are available on the website along with an online database of local support groups.

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

Alcohol Concern has a comprehensive library and provides leaflets and information. There is a Mail Order bookshop.

[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

The British Liver Trust website gives access to information on alcohol and liver disease.

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

The Drinkaware website is a source of useful information about alcohol and drinking.

[www.drugscope.org.uk](http://www.drugscope.org.uk)

The DrugScope website provides a wide range of information including a drugs encyclopedia and a good practice and research section with many online publications. It also enables searching of the library, treatment service and training databases.

[www.fasaware.co.uk](http://www.fasaware.co.uk)

The Foetal Alcohol Aware website provides information about Foetal Alcohol Spectrum Disorders

[www.hepcuk.info](http://www.hepcuk.info)

Site provides information on living with hepatitis C, treatments and an online support directory

[www.howsyourdrink.org.uk](http://www.howsyourdrink.org.uk)

A one stop site from Alcohol Concern for people worried that they or another drinks too much

[www.nta.nhs.uk](http://www.nta.nhs.uk)

The National Treatment Agency website includes an online directory of residential rehabilitation services in England and Wales for adult drug and alcohol misusers.

[www.release.org.uk](http://www.release.org.uk)

Release provides information, advocacy and advice around drugs, the law and human rights

[www.re-solv.org](http://www.re-solv.org)

On this site you will find information about solvent and volatile substance abuse in the form of factsheets.

[www.talktofrank.com](http://www.talktofrank.com)

Talk to Frank is a web-site offering advice, information and support to anyone concerned about drugs and solvent/volatile substance misuse, including drug misusers, their families, friends and carers.

[www.tht.org.uk](http://www.tht.org.uk)

The Terence Higgins Trust site includes an online directory of services, online booklets and other information resources

[www.wrecked.co.uk](http://www.wrecked.co.uk)

National Health Service site providing basic information and facts about alcohol use