

Careers in Hertfordshire
FREEPOST ANG50009
Hertford
SC14 1BR



Useful numbers

Al-anon

for anyone whose life is affected by someone else's drinking

020 7403 0888

(Helpline 10am-10pm, 365 days a year)

www.al-anon.org.uk

Families Anonymous

is a self help group that welcomes those who are affected by
the drug problem or a relative or friend

0845 1200 660

(Helpline 10am-10pm 7 days a week)

www.famanon.org.uk

The following provide services
in Hertfordshire
specifically for carers affected by someone else's
drug/alcohol misuse:

Hertsreach Third Party Service

01923 221 037

Parental Drug Awareness Service

01707 393934

These are drug and alcohol treatment service providers in
Hertfordshire which provide carers with information, support
and advice. (Those marked * run support groups for carers.)

Hertsreach Dacorum*

01442 240 579

Hertsreach North & East Herts

01462 672 381

Hertsreach St Albans*

01727 893 344

The Living Room*

01438 355649

Vale House Stabilisation Services*

01992 553173

Westminster Drugs Project Hertford

01992 581040

Westminster Drugs Project Hitchin

01462 442442

Westminster Drugs Project Royston

01763 249977

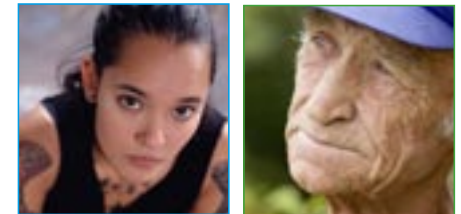
Westminster Drugs Project Stevenage

01438 364067

Is your life affected by the drug or alcohol misuse
of someone close to you?



How are YOU?



Are you a carer?

Yes... if your life is affected by a relative or friend's drug or alcohol misuse.

Very often people do not consider themselves to be a carer, they are just looking after their mother or father, son or daughter, partner or best friend, simply getting on with what needs to be done doing what anyone else would do in the same situation.

"A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour. This could be due to age, physical or mental illness, addiction or disability."

(Princess Royal Trust for Carers)

Carers in Hertfordshire is a county-wide registered charity, providing information and support to carers. Carers in Hertfordshire is also a platform for the voice of carers and offers carers the opportunity to get their voices heard on an individual and collective basis.

Please contact Carers in Hertfordshire on 01992 586969 or contact@carersinherts.org.uk

Carers in Hertfordshire recognises the impact on your life of the **drug or alcohol misuse** of someone close to you and can support you in a variety of ways. We can provide you with opportunities to have a real say in how services are offered and provided to both you and your relative or friend. We can provide you with information on anything from who to contact for **information about drugs and alcohol** to how to arrange a benefit check or a holiday.

We can listen and help you to have your caring needs recognised and we can put you in touch with people with similar experiences.

Visit our website www.carersinherts.org.uk



Carers in Hertfordshire, The Red House, 119 Fore Street, Hertford, SG14 1AX

Do get in touch

Just use this card to tell us your contact details:

Name

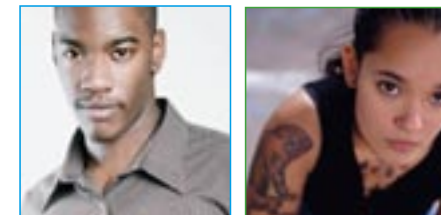
Address

Telephone

Mobile

email

We can meet with you **face to face** if you prefer. Please call **01992 586969** or contact us via email contact@carersinherts.org.uk



Please moist and stick

Please moist and stick