

### Family Drug Support (FDS)

Website [www.fds.org.au](http://www.fds.org.au) Phone 1300 368 186

Email [admin@fds.ngo.org.au](mailto:admin@fds.ngo.org.au)

A national agency assisting families throughout Australia to deal with addiction issues.

### Kedesh Rehabilitation Services

Website [www.kedesh.com.au](http://www.kedesh.com.au)

For family programs phone Tracy on  
0242607110

### The Ted Noffs Foundation

Website [www.noffs.org.au](http://www.noffs.org.au)

Email [noffs@noffs.org.au](mailto:noffs@noffs.org.au) Phone 02 93100133

### Odyssey House Sydney

Website [www.odysseyhouse.com.au](http://www.odysseyhouse.com.au)

Phone admin 02 92815144 counseling 92121977

### Al-anon/Alateen

Website [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Phone 1 300 252 666

### Mental Health Information Service

1300 794 991

### Alcohol & Drug Information Service (ADIS)

02 93618000 or 1800 422 599

Salvation Army phone 02 62951256.

24hr counseling service 1300 363 622

Lifeline, 24hr counseling service 131114

Child protection and Family Crisis Line.

24hr crisis counseling service 1800 066 777.

For further information and support you are welcome to call the Buttery on Friday mornings from 10am to 1pm and ask for the Family Support staff member. You can just pick up the phone to begin your journey.



The Buttery exists to promote and demonstrate that addiction is not a consequence of choice, recovery is.

The Buttery is committed to assisting people to find their way out of active addiction by discovering their own self-worth, strengths and place in society.



Contact Information.

02.6687.1111

Email: [info@buttery.org.au](mailto:info@buttery.org.au)

## THE BUTTERY

### Family Inclusivity In Recovery from Addiction





"I'm at my wits end!"  
"Why bother? He/she doesn't listen to us anyway."  
"I'm so frightened for my child."  
"We don't know what else to do."  
"Where did we go wrong?"  
"It must be my fault."

These are just some of the comments from families struggling to cope with a child or other family member who is addicted to alcohol or drugs.

Just as the person using does not reach out for help until they are desperate, often the family as a unit has tried many approaches to help the addict before admitting they also feel powerless.

#### DON'T DESPAIR

Recognizing and realizing that ways in which you have been trying to help may not have been effective, is the doorway through which you can gain the education, help and support you need.

Addiction and mental health issues are complex and multi-dimensional.

It is understandable that many families feel overwhelmed and ill-equipped to help a loved one struggling with addiction and related problems.



The most common feelings are shame that a family member user drugs, guilt that perhaps this was caused by lack of family skills and anger when the addict cannot stop. These all arise from the mistaken view that the family is somehow responsible for the addicts using and therefore can also make the addict stop using.

While this is not the case it is also true that addiction is NOT just the problem of the user. Addiction affects every member of the family. All family members end up with strained relationships that no longer function within healthy communication and respectful boundaries.

#### YOU DO NOT HAVE TO STRUGGLE ON ALONE

The first step in any healing journey is the admission that there is a problem and that help is needed. The fact that you have this leaflet in your hand suggests that you recognize you need extra help.

With this admission, the next stages of asking for help and acting on that help can begin to be integrated into your family. Family recovery from a members using, involves resources of support, education, therapy and family programs.

The Buttery is able to refer families to agencies and organizations which can assist you on your journey to family health.

Listed on the reverse of this pamphlet are links and phone numbers for helpful organizations to support your journey. For those of you with family members in residence at the Buttery we also have a family support staff member available on Friday mornings from 10am to 1pm to answer your questions and offer guidance.

