

*The Buttery's free family counselling program
is supported wholly by donations.*

If you would like to make
a tax deductible donation please go to:
www.buttery.org.au/make-a-donation

Or phone
02 6687 1111



THE BUTTERY
ENRICHING LIVES

PO Box 42
Bangalow NSW 2479
Phone: (02) 6687 1111
Fax (02) 6687 1039
Email: info@buttery.org.au
www.buttery.org.au

ABN 53 130 812 994

Donations of \$2 and over are tax deductible



THE BUTTERY
ENRICHING LIVES

HELP FOR FAMILIES

family support



You do not have to struggle alone

Many families are concerned when they realise a family member or loved one has developed a problem with drugs or alcohol.

People often feel alone, isolated and ashamed.

Sometimes they blame themselves for their loved one's problematic use.

Often a person misusing drugs and/or alcohol does not reach out for help until they are desperate. The same can apply to their family members. Often, they have tried many approaches to help the affected family member.

Families in this situation are supported to learn to take care of themselves and their own health and the health of other family members in what can be difficult situations.

The Buttery family support counsellor can discuss with them practical strategies to help themselves and to help the family member they are concerned about.

A free service for families in need

The Buttery's family counselling program is free of charge.

It is supported wholly by donations

Counselling is available to the family members of people participating in one of The Buttery's programs as well as anyone in the wider community according to available resources.

It is a confidential service. Participants can access face-to-face counselling or obtain counselling by phone.

If you would like more information about the program, please email:

family@buttery.org.au

or phone **02 6687 1111**

To call the Family Support Counsellor:
0408 910 498

Other services

Lifeline 24 hour counselling service: 13 11 14

Family Drug Support

1300 368 186

www.fds.org.au
