



# Family Support Service

Individual support sessions available for Aspire families...

**Structured support is now available for partners and family members over the age of 18 of anyone receiving help from the Aspire service, who are affected by their relative's substance use.**

**We provide support for service users, their partners and family members on:**

- Relationships
- Concerns about wellbeing
- Fears and uncertainty about the future
- How to support each other.

**Substance use not only affects the individual using but also those others around them who care for them.**

**Individual help is available through Aspire's Family Support Service.**

**For more information contact Aspire on 01302 303900 and ask for your key worker or Sandra Hardy- Family Support coordinator.**