

# Are you affected by someone else's drug or alcohol use?

We offer information,  
advice and support  
to families and  
friends who are  
worried about  
someone else's  
drug or alcohol use.



carers advice line  
**0113 380 4300**

**6-8 The Headrow, Leeds, LS1 6PT**

**Admin Tel** 0113 246 8338

**Email** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)

**Website**

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[carersleeds.org.uk](http://carersleeds.org.uk)

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# What do we do?

We work to support, inform and empower families and friends (we refer to this group as 'concerned others') through the challenge of someone we care about using drugs and/or alcohol.

# How do we do it?

We offer:

- One to one sessions offering emotional support, advice and guidance
- Regular support groups, offering an opportunity to meet others in a similar situation, share ideas and access peer support
- Workshops on key topics, social activities and signposting to relevant agencies

# Get in touch

**Call:** 0113 380 4300

(Open Mon - Thu 9.30am - 5pm & Fri 9.30am - 4.30pm)

**Email:** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)

**Visit:** [www.carersleeds.org.uk](http://www.carersleeds.org.uk)

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