Strength in Community

Caregivers Evening Support Groups

A safe space where caregivers, spouses, partners, family members or friends impacted by loved one's addiction can find understanding, support and resources to navigate through life challenges.

	BRIDGE-Family *(Open to Public)* Support group for caregivers of loved ones with *substance abuse*. Through the support group, family members and caregivers can learn to manage with addiction problems at home and receive support for their self-care.
Day	Every Tuesday*
Time	7.00 pm to 8.30 pm
Venue	NAMS Clinic, Institute of Mental Health 10 Buangkok View, Buangkok Green Medical Park Block 9, Basement 1, Singapore 539747

** Excluding eve of public holidays and public holidays*



24/7 Helpline Resources

If your're a caregiver dealing with addiction-related issues and need immediate support, we are here to help you.

National Mindline 1771
1771 (24-HR)
WhatsApp Message 6669 1771

Samaritans of Singapore (SOS)
1767 (24-HR)
www.sos.org.sg

Care Text
9151 1767 (24-HR)



You are not alone in this journey.

Reach out, share your stories, and find strength in the collective spirit of caregivers. Together, we create a tapestry of inspiration and support.

National Addictions Management Service
10 Buangkok View
Buangkok Green Medical Park
Block 9, Basement 1
Singapore 539747

Mon - Fri: 8.00am - 6.00pm

Appointment Line:
6389 2200

www.nams.sg
National Addictions Management Service
@nams.sg

Scan the QR code to access more educational resources.

NATIONAL ADDICTIONS MANAGEMENT SERVICE

CAREGIVER SUPPORT CARD

Supporting a loved one through addiction can be challenging, but remember, you're not alone in this journey.



Dear Caregiver,

Your support is crucial in your loved one's recovery journey. We recognise your daily challenges and commend your strength and resilience. Your love, understanding, and encouragement are essential in helping your loved one navigate the complexities of addiction.

Remember, you are not alone in this journey. We are here to support you every step of the way.



Steps To Support Your Loved Ones Through Recovery

- Offer consistent support
- Maintain open communication
- Establish healthy and firm boundaries
- Seek professional help to navigate addiction recovery effectively

Remember, no two families' journeys are exactly the same.

United in support, we rise above the challenges. Together, we seek strength, embrace courage, and empower each other's journey.

Offering Help As A Caregiver

1) Understand Addiction
Do not blame your loved one. Focus on finding solutions and offering support.

2) Understand the Struggles
Understanding addiction helps in supporting your loved ones effectively. It fosters empathy and enables you to provide vital, unconditional support.

3) Attend Support Group
Active participation in support groups aids in effective caregiving, providing essential support for your loved one.



Managing Caregiver Burnout

Isolation and Withdrawal
Tip: Establish clear boundaries to balance responsibilities with your personal life and needs

Increased Stress
Tip: Engage in self-care activities like exercise, hobbies or relaxation techniques to recharge and rejuvenate

Physical Symptoms (Fatigue, Frequent Headaches, etc)
Tip: Prioritise your health. Ensure you get enough sleep and maintain a balanced diet

Feeling Drained or Numb
Tip: Seek support from friends, family, or support groups to share your feelings and seek guidance during challenging times.



SUPPORT

Individual Counselling Services

We offer individual counselling and support to caregivers, even if their loved ones are not yet seeking help.

Our goal is to help caregivers understand and manage the stress of living with someone with addiction, providing them with resources and support.

Book your appointment today



