Impact of Addiction on the Family

Family members often experience tremendous stress and feelings of helplessness as a result of living with someone with addiction problems. Yet, many caregivers do not know where or who to turn to for help. An individual with addictions can affect at least four other persons close to him. Often, those who are closest to the person with the addiction require support and assistance to address their special needs.

If you are living with someone who is not ready to seek help for his addiction issues, you don't have to feel alone. Our team of dedicated specialists is here to listen to you and support you in managing your situation better.



You are not alone in this journey.
We are here for you.

NATIONAL ADDICTIONS MANAGEMENT SERVICE
10 Buangkok View
Buangkok Green Medical Park
Block 9, Basement 1
Singapore 539747

General Enquiries: 6389 2000
Appointment Line: 6389 2200

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

Scan the QR code to access more educational resources.

Oct 2024



Family Counselling Services

NATIONAL ADDICTIONS MANAGEMENT SERVICE

Understanding Addictions

Addiction is a complex, multifaceted issue that impacts not only the individual but also their loved ones. It can be difficult to witness your family member or friend struggling, and even more challenging when they are not ready to seek help.

Addicion is an Illness. Like any illness, it requires compassion, care, and timely treatment.

Caring for Yourself Before Supporting Others in Recovery

Caring for a family member suffering from addiction can be trying experience. It can take a toll on the well-being of the caregivers. The prolong stressful experience if left unaddressed, can result in emotional burnout and sometimes even affect physical well-being. Hence, self-care is of utmost importance when it comes to helping loved ones with a chronic disease like addiction.

Taking care of yourself ensures you are in the best position to support your loved one effectively. Start by taking the first step, reach out to us to find out more! We hope to support you in the journey of caring for yourself and your family member with addiction.



BRIDGE Family *(Open to Public)*

Drug and alcohol addictions cause harm and suffering to the person consuming the substances, and to those around him. Managing person with addictions is challenging, exhausting and emotionally draining. Family members often feel helpless and lose hope. BRIDGE Family was specifically developed to address the needs of these families affected by a loved one's addiction.

Our Goals

- To help family members develop coping skills and pick up recovery tools that will improve their well-being
- Learn ways to guide the substance user towards receiving treatment and recovery
- To provide families with a better understanding of addictions and empower them on how to manage the substance user

Programme Details

Every Tuesday evening 7.00pm - 8.30pm
(excluding eve of public holidays and public holidays)

Scan the QR code
to find out more

Family Matters: Individual Counselling

Family Matters is developed specifically for family members so that they can receive individual counselling service and support from a counsellor, even if their loved one is not yet ready to seek help. Family members have their own unique recovery needs. Our caring team comprises a psychiatrist and addiction specialist counsellors who can support and guide them to better manage their own recovery needs, and finding balance and peace.

Our Goals

- Support families in coping with the stress of living with a family member with an addiction problem
- Help families to understand addictions and learn how to manage a family member with addiction
- Provide them with resources to cope as the person with addiction is not prepared to change or seek treatment
- Provide assessment and appropriate referrals for families

Programme Details

- Monday – Friday, 8.30am to 5.00pm (excluding public holiday)
- By appointment only

Scan the QR code
to find out more

