“Getting support helped me to realise that I’m not alone in this situation.”
Anonymous carer

Talk to us in confidence
Call 0191 4900121
Email: enquiries@gatesheadcarers.com
Visit: www.gatesheadcarers.com
Facebook /GatesheadCarers
Twitter @GatesheadCarers

Do you look after someone who uses drugs or alcohol?...
We’re here to help!

Confidential advice & support for unpaid adult carers living or working in Gateshead

For confidential support call Gateshead Carers
T: 0191 4900121
enquiries@gatesheadcarers.com
www.gatesheadcarers.com
Gateshead Carers Association
John Haswell House, 8-9 Gladstone Terrace, Gateshead, Tyne & Wear, NE8 4DY.

Charity Registration 1118942
Company Registration 6133161
It’s a relief knowing there is someone who understands the pain and hurt I am going through.

Someone to turn to
Supporting someone who misuses drugs or alcohol can have a huge impact on your life and the lives of those around you. Whether you have been supporting someone for a long time and feel you need practical advice on making changes in your life or you just need someone to talk to about a loved one who is causing you concern, we are here to help.

How we can help
At Gateshead Carers our dedicated support workers help carers to think about the impact that their caring role is having on their life. We provide the space to allow you to better understand your loved one’s addiction and help to give you the tools you need to cope. We can also help you to understand how the substance effects your loved one’s behaviour and health, alleviating stress by helping to put coping mechanisms in place and working out triggers to prevent family breakdowns.

Confidential tailored support
We understand the difficulties carers face in their caring role which is why our support workers are trained and experienced to provide practical and emotional support at a time and place to suit carer needs. We can help you as a carer for someone with a substance misuse problem with the issues that are impacting on your life, this could include housing, employment, family or any other issue causing you stress and anxiety. If you are encountering financial difficulties our support workers and dedicated benefits worker are here to help you.

Have a life of your own
Carers can often find it difficult to have a life of their own outside their caring role. Our carer ‘Moving on’ support worker can help you get your life back on track. We can help carers find training and employment or just take part in fun and social activities.

Peer support group
Talking about your personal experiences and listening to others who have been there themselves can prove extremely beneficial for carers, including those affected by alcohol or substance misuse. We run a monthly support group for carers who are affected by substance misuse providing a safe and confidential environment where carers can socialise and talk openly. We also offer training to those who wish to support other carers by becoming a peer mentor which can help to build confidence.

Short Breaks & Training
Our exciting range of short break groups and activity sessions help carers unwind and meet like-minded people by joining in social and practical activities that help to improve health and wellbeing. Our training sessions also help carers improve their quality of life by building confidence, knowledge and self-esteem.

“Before I came to Gateshead Carers I felt isolated and lonely... but now I have a social life again.”

“It’s a relief knowing there is someone who understands the pain and hurt I am going through.”