

FUSHIA aims to provide support, knowledge and respite to families and carers of substance misusers, to alleviate the everyday problems and distress caused by substance misuse.

Take the first step and contact us – we are here to support you through this difficult time – from telephone advice to longer more intense support.

Where can I find out more about support for my family?

By Phone:

0191 567 0581

0780 921 4685

By E-mail:

care@fushia.org.uk

Website:

www.fushia.org.uk

All enquiries strictly confidential

**ARE YOU
CONCERNED
ABOUT A LOVED
ONE MISUSING
DRUGS OR
ALCOHOL?**



FUSHIA

Families United Support Help In Addiction

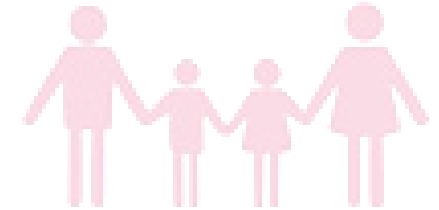
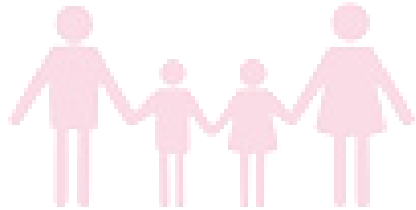
**If you need support, advice or
information, please contact:**

0191 567 0581

Respite from caring for a substance misuser e.g. theatre nights out, day trips, coffee mornings etc.

Support and advice over the Telephone

We have a wide range of literature we can send to you upon request.



One to one support for those not ready to join our support group

Relaxation classes
Yoga

Group support:
A support group provides a safe and comfortable environment with others sharing the same problems as yourself.