

## Contact us

Mondays to Thursdays between  
10am – 4pm

**07742 090608** or **07934 104283**

Tuesday Evening between  
4:30pm – 6:30pm

**07938 676579**

Email: [branchescarers@outlook.com](mailto:branchescarers@outlook.com)

 [@BranchesSupport](#)

## Do you...

*Feel lost and confused?*

*Feel too embarrassed to ask for help?*

*Need someone to talk too who  
understands?*

*Then come along to our  
Support Group*

# Branches

*Reaching out to those who are  
affected by 'others' use of drugs  
and alcohol*



Do you live in  
Middlesbrough and  
need support to care  
for someone with  
problems due to drug  
and alcohol use?

# Branches

*Reaching out to those who are affected by 'others' use of drugs and alcohol*

## Who are we?

Branches supports anyone who has been affected by someone else's drug or alcohol use.

This includes parents, partners, siblings, grandparents and friends.

As a peer led support group we understand what you are going through and will listen and support you without judgement.

We don't claim to have all the answers and don't give timescales on resolving your problems but we will offer you a listening ear, ongoing support and friendship.

## Supporting yourself

If someone you care about is affected by drugs and alcohol use, it's natural that you might feel a host of emotions including shock, shame, anger, guilt and vulnerability.

It's important that you find ways to cope with your own feelings and concerns, so that you're fully able to support them.

You need to allow yourself time away from that person you're supporting, to get some relief from the situation and relax.

Sometimes it's not easy finding the right person to talk to, however sharing the load can really help.

## What we offer

We run weekly drop in sessions in Middlesbrough. Offering a warm, friendly welcome and place for a chat and peer support.

One to one support and telephone support is also available.

For the times, dates and venues of these sessions please visit our Facebook page.

## Quotes

*"I've been able to share my experiences and talk to people who know what I'm going through"*

*"Help, support and friendship"*

*"I feel more confident because I've been able to speak to others who understand"*