

# Contact Details

Angus Carers Centre  
Ground Floor  
8 Grant Road  
Arbroath DD11 1JN

T: 01241 439157

E: [enquiries@anguscarers.org.uk](mailto:enquiries@anguscarers.org.uk)

W: [www.anguscarers.org.uk](http://www.anguscarers.org.uk)

Angus Carers Drug & Alcohol project is funded by the Angus Alcohol Drug Partnership

For additional support:  
Scottish Families Affected by Alcohol and Drugs  
Helpline 08080 101011  
Open Mon - Fri 9am - 11pm  
Sat - Sun 5pm - 11pm



Angus Carers Association is a company limited by guarantee and a charity

Charity number SC026052 Company Number SC212062

# Are you affected by someone's alcohol or substance misuse?



**Angus Carers Centre**  
supporting carers

# We offer

- Free information available at Angus Carers Centre
- 1:1 support
- Group Support
- Contact with other people who are or have been in a similar situation
- Practical advice on coping
- Events and activities for carers
- Signposting to other agencies
- Training for carers
- Short Break information
- Regular newsletter
- Counselling
- Emotional support
- Volunteering opportunities

**All our services are confidential and free of charge**

## What is an alcohol or substance misuse problem?

Everyone is different and can experience a range of problems related to their drinking or substance misuse. These could be to do with relationships, how they feel emotionally or physically, the law or financial concerns.

## How does someone's alcohol or substance misuse problem affect you?

You may find that you are feeling stressed, that your mental health and wellbeing is affected, that you feel isolated or can't talk to others about the problem, that you don't know what to do to help the person you care for or what services are available for them. We can offer you support.

## Who is a carer?

A carer can be anyone who looks after someone who cannot manage on their own without help. Carers provide unpaid care to family members, other relatives, partners, friends and neighbours of any age affected by physical or mental illness, disability frailty or substance misuse. The carer does not need to be living with the cared-for person to be a carer.

If you would like to receive further information about Angus Carers Centre services, please complete this tear-off slip and post it or put it in an envelope with our freepost address on the front. Either way no stamp is required. Other ways to contact us are by telephone, by letter, email or dropping in.

Name: .....

.....

Address: .....

.....

.....

..... Postcode: .....

Tel No: .....

Email.....

Signed: .....

Date: .....

I obtained this leaflet from:

.....

All information will be stored on our database in compliance with the 1998 Data Protection Act.