



Carers Advice Line
0113 380 4300



Are you affected by someone else's drug or alcohol use?

We offer information, advice and support to families and friends who are worried about someone else's drug or alcohol use.

Website carersleeds.org.uk
Email advice@carersleeds.org.uk
Facebook Carers Leeds
Bluesky @carersleeds



Carers Leeds work to support, inform and empower the families and friends of people who use drugs and/or alcohol.

We provide information, advice, and guidance on coping strategies, setting boundaries, and self-care while supporting someone using substances.

This is delivered through:

- One to one sessions offering emotional support, advice and guidance
- Regular support groups, offering an opportunity to meet others in a similar situation, share ideas and access peer support
- Workshops on key topics, social activities and signposting to relevant agencies

Please take a look at our website for further information on caring for someone who uses drugs and/or alcohol.

carersleeds.org.uk/concernedothers



Get in touch

Call Us

0113 380 4300

Mon, Wed, Thu, Fri: 9am - 4.30pm

Tue: 9am - 6.30pm

Live Chat

Click the live chat icon on our website to speak with a member of our team.

Website

Visit carersleeds.org.uk for more information and resources.

Email

advice@carersleeds.org.uk