



# ST. HELENS FAMILY SUPPORT



**ST HELENS**  
BOROUGH COUNCIL

## Supporting those impacted by a loved one's substance problem.

We offer appropriate and effective support to families and loved ones to cope with someone else's substance problem, irrespective of whether or not their loved one is accessing treatment services.

Our St. Helens Family Support service's aim is to work with both families and loved ones to promote positive change, resilience, gain the tools to manage the situation and breakdown the associated stigma.

Our friendly, trained staff are always ready to help. You can talk to someone, in confidence, about your situation, discussing your fears, feelings and concerns with someone you can trust and who can offer targeted help and support.

Making Space welcomes families and loved ones who are working hard to balance their own needs with someone who has problems arising from their use of substances. We will support loved ones in the best way for them and help them to regain control over their own lives.

**Sometimes it is just about being listened to,  
without judgement, by someone who understands.**



We understand that while caring for a family member or loved one is a very generous and selfless thing to do, taking on such a physically and emotionally demanding role can also take its toll on your own health and wellbeing.

**We provide a range of different services for young people and families including:**

- One to one support
- Telephone support
- Support groups
- Home visits
- Group support meetings
- Wellbeing programme
- Respite opportunities
- Liaison with other services and signposting

## CONTACT US

Either call or email us using the below details to make an appointment.



**01744 808 212**



**[Enquiries@makingspace.co.uk](mailto:Enquiries@makingspace.co.uk)**



**Peter Street Community Centre, Peter Street,  
St Helens, Merseyside, WA10 2EQ**



We are supported and commissioned by St. Helens Council.

If you would like this leaflet in a different language or format, please contact [marketing@makingspace.co.uk](mailto:marketing@makingspace.co.uk)

### **Head Office**

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