

CDP is a registered charity. We have over 20 year's experience of helping people who have problems related to drugs and alcohol.

saFron 's aim is to ensure that the families, partners and friends of drug users also get the help and support that they need. The type of support that will help you the most will depend on how the drug use affects you.

This could involve looking at how you are coping emotionally, as well as practical issues such as child care, housing or employment. It may mean acting as an advocate or simply being someone to talk to.

What do you know about drugs?

Relatives, partners and friends may not always feel well informed. CDP has a wide range of drugs information which is accessible, free of charge.

We can also help you to understand the treatment that the user is receiving and support them through it. Some users say that their recovery was faster once this happened.

Get help to give help

If a drug user is important to you, as a family member or a friend, then it is important for you, too, to get support.

Helping yourself is not selfish

Parents

Do not be too hard on yourselves. It is natural for parents to worry about their children, but do not take all the blame. Acknowledge responsibility of your actions, but children must take responsibility for theirs as they grow.

Listening is important. However, talking about drugs can be difficult if you feel out of your depth or lacking in confidence. Be assured that you are not on your own - we are here for you.

Partners

It can be particularly difficult for the partners of users. You may have little time for yourselves, especially if you have children, when you can often feel like a single parent. Finances can be really stretched, too. You are not alone any more.

Grandparents

You may be not only the parent of a drug user, dealing with all the emotional and practical issues that entails, but you may also be caring for or raising a grandchild.

There are a growing number of people like you. So, we have developed a new area of support just to help grandparents.

Group Work

Group Work offers you the opportunity to meet other people with similar experiences as your own, in a friendly relaxed atmosphere. You can share problems and solutions, offload, ask questions and get mutual support in a friendly, relaxed atmosphere.

Community Based Groups/Drop Ins

These are held at various locations within the Hull area.

Ask for a copy of our **saFron programme of meetings in East Yorkshire**

CDP offers a confidential service

- Advice and Information
- One to One Support
- Telephone Support
- Group Support
- Drop-in Service
- Named worker contact (this is a knowledgeable and skilled person)

CDP can advise on:

- Signs and Symptoms
- Treatment Options
- Short and long-term effects
- Specific drug information
- Prison access and information

You do not have to be alone
Talk to CDP



Opening Times

Hull

Monday/Tuesday/Friday

9.00 am — 4.30 pm

Wednesday/Thursday

11.30 am — 7.00 pm

CDP
61 Spring Bank
HULL HU3 1AG

Tel: (01482) 225868

Fax: (01482) 580025

www.challengingdependency.co.uk

The Council for Dependency Problems

Company No: 2533486

Registered Charity No. 1002636



Challenging Dependency

Families and Friends

East Yorkshire



saFFron

saFFron is CDP's service for
Supporting and **a**dvising
Family and **F**riends