

Back on track

in Brighton & Hove

Are you worried about your parent's drinking?

Would you like your parent to drink less?

You are not alone
Back on Track can help you get support, whether that's a one to one chat, a phone call, therapy or just activities to have fun!

It can be a huge step to speak to someone, but it's important you do it when you feel ready. Some children feel unable to talk about it and keep it a secret, others worry that it's their fault, but it's really important you know it isn't. You might be scared what will happen to you or your parent, but we are here for you.

Find out more at www.brighton-hove.gov.uk/backontrack



Recovery
Service
Brighton and Hove



Back on track

in Brighton & Hove

Speaking to someone about getting help with your parent's drinking

If you would like to talk to someone about how you are feeling or find out about support that you or your parent can access, please contact Youstina, a Young People and Families Practitioner who works with adolescents impacted by a parent/carer's drinking.

Call 01273 293966

Email youstina.brais@brighton-hove.gov.uk

What will my parents need to know?

We can talk about this, please don't worry. Depending on your age, we may need to get permission from a parent/carer. When you make the first call we can talk about what you want to happen and next steps.

What support is available in Brighton & Hove?

Therapeutic support: Young Oasis

Therapists work with people aged 5 to 18 who may be affected by a parent's drinking. They can work with you in different ways and help you find ways to cope with what is happening.

www.oasisproject.org.uk 01273 696970 (option 3)

email youngoasistherapy@oasisproject.org.uk

Groups and activities: Young Carers Project

One to one support, groups and activities for young people who look after a parent who is drinking a lot. You get a chance to meet other young people going through a similar experience.

www.thecarerscentre.org 01273 746222 (Mon-Fri 9am-4pm)

email info@thecarerscentre.org

Nacoa

Information, advice and support for anyone affected by a parent's drinking. As well as a confidential helpline, you can read about the experiences of other children and young people and use the message boards.

www.nacoa.org.uk 0800 358 3456