



Family Support

Is your life affected by someone else's alcohol or drug use?

CADAS offers free, confidential support in a safe environment

To find out about 1-1 Psycho-social intervention, support groups, black box treatments or community education workshops please call the [Community Parent/Carer Support Service Co-ordinator](#) in your area:

North Cumbria

South Cumbria
Barrow

South Cumbria
Kendal

Nik Speirs
01229 811111
07793 525419

Julie Oram
01539 742615
07515 329131