

What PINS can offer:

- Support work
- Accredited Counsellors
- Tailored learning/Training and Awareness Courses
- Accredited in CRAFT (Community Reinforcement & Family Training)
- Advocacy & Mentoring
- Life Coaching
- Outreach
- Information, Advice & Signposting
- Individual care plans
- Drug/Alcohol Awareness Training & Parenting Skills Courses
- Self Help & Activity Groups
- Drop In Facilities
- Art Classes (Holistic Therapies etc.)

You don't need to feel alone!
Begin by making that call!



Scan the image above with your smartphone
to link to our website

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إذا أردت المعلومات بلغة أخرى أو بطريقة أخرى، نرجو أن تطلب ذلك منا.
(Arabic)

যদি আপনি এই ডকুমেন্ট অন্য ভাষায় বা ফরমেটে চান, তাহলে দয়া করে আমাদেরকে বলুন।
(Bengali)

ئەگەر زانیاریت بە زمانیکی که یا بە فۆرمیکی که دەوی نکایه داوامان لی بکه
(Kurdish)

اگر آپ کو معلومات کسی دیگر زبان یا دیگر شکل میں درکار ہوں تو براے مہربانی ہم سے پوچھیے۔
(Urdu)

यदि आपको सूचना किसी अन्य भाषा या अन्य रूप में चाहिये तो कृपया हमसे कहे
(Hindi)

Jezeli chcieliby Państwo uzyskać informacje w innym języku lub w innym formacie,
prosimy dać nam znać.
(Polish)

如欲索取以另一語文印製或另一格式製作的資料，請與我們聯絡。
(Cantonese)

Parents In Need of Support

Greenbank
Elwick Road
Hartlepool
TS27 7QT

Phone (01429) 260110

Email: admin@parentsinneedofsupport.co.uk

Website: <http://www.parentsinneedofsupport.co.uk>

P.I.N.S is kindly supported by the following:



Helping YOU
fit the pieces
back together
again



Parents In Need of Support

An holistic family and
Carer support
service for those
with someone
experiencing
substance or
alcohol misuse
issues

Charity No. 1169702

SO WHO ARE **PINS**?

Parents **I**n **N**eed of **S**upport was first established in 1996 and is still the only organisation to be specifically aimed at meeting the individual needs of parents and carers whose family members are involved in drug and alcohol misuse in Hartlepool. Over the years, by consulting with the local community, we have adapted our services to meet the individual needs of our clients.

We have maintained a balance between professionalism and approachability to offer a safe and welcoming environment.

HOW CAN PINS HELP?

We will develop a care plan to meet your individual needs and work with you to achieve your goals. Together we will use step-by-step approaches to help build your confidence, self-esteem and knowledge and understanding of drug and alcohol misuse.

We can help you to develop skills to overcome many of the issues that are affecting you and your family. We offer mentoring and advocacy by trained people who can support you and/or direct you to other services that may be of some help. We offer respite and activities to allow you quality time away from the pressures of home (see page 6 for a list of these services). We can offer you training & parenting skills from accredited and experienced staff, access to drug & alcohol information as well as a comprehensive range of books, DVD's, brochures etc. from our information library.

SUBSTANCE ABUSE AFFECTS THE WHOLE FAMILY

Addiction can have a devastating effect in a family environment. The stress and impact on your own health and well-being, the breakdown of relationships, housing and financial difficulties all take their toll.

Recovery can only begin when someone with an addiction acknowledges that they have a problem but when that time comes YOU can play a major role in helping them by being part of their support network. PINS can help & guide you through this difficult journey.



TALKING IS GOOD

We believe that sharing problems or concerns with other people who are having, or have had, similar experiences is invaluable. That is why we operate several self-help groups throughout Hartlepool and weekly parent groups where you can talk to others who have experienced themselves what you may now be going through.

RESPIRE AND ACTIVITIES

PINS offers a wide range of activities to allow you some quality time away from home. We have Art therapy, crafts, hairdressing, cake decorating, and aromatherapy to name but a few. Day trips and meals out are arranged at regular intervals but sometimes parents just want a couple of hours away from home to find peace and quiet and we have a specially designed room where you can do just that – and it is equipped with tea and coffee, DVD'S, books, music and magazines.

IN CONCLUSION

The aim of recovery is to become free of problematic drug and alcohol misuse and the family's involvement can play a vital role. We may not have a magic wand here at **P**arents **I**n **N**eed of **S**upport (although that would be very useful) and the journey back to a life free of substance misuse can be a long and arduous one, but PINS will be behind you every step of the way to ensure that you have all the support and advice you need.

HOW CAN I ACCESS PINS?

You can be referred by any agency or G.P. or you can simply give us a call or pop into our offices yourself.

"Every problem contains within itself the seed of its own solution"

- Stanley Arnold