

Are you
FAMILY
or friends with someone with an
ALCOHOL / DRUG
problem?



Circles of Support

A free program of support, help & learning

JULY 2022

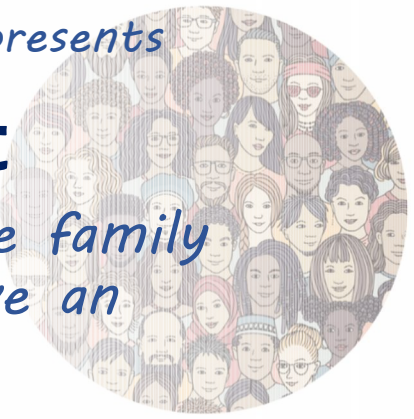
Northern Territory
Lived Experience
Network

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The NT Lived Experience Network presents

Circles of Support

A free support program for the family & friends of people who have an alcohol or drug problem



Circles of Support is an evidence-based peer education and support program developed by the NT Lived Experience Network.

Circles of Support has been created by local people for local people, specifically those who have a loved one with an alcohol or drug problem.

Circles of Support provides a safe and confidential space for family members or friends of someone with an alcohol or drug problem to access both support and information.



Source of image 'reaching hands': Tari-Keresztes, N., Smith, J. & Gupta, H., (2021): Follow-up Evaluation of the Peer-Led Education Pilot in Darwin. Darwin: Menzies School of Health Research

During 2022, a limited number of **Circles of Support** programs will be delivered in Darwin and Palmerston as part of a trial funded by the Alcohol and Drug Foundation.

As part of the trial, the NT Lived Experience Network will also provide a series of free **Community Education Sessions** about the hidden impact of alcohol and drug problems to individuals and families.

Circles of Support provides a supportive environment for family and friends to learn about:

- ❖ Mental health, alcohol and drug related misuse and co-occurring issues;
- ❖ Recovery and ways to support recovery;
- ❖ Identifying & responding to a crisis;
- ❖ Ways to support own wellbeing and practice self-care;
- ❖ Managing overwhelming emotions and responses;
- ❖ Setting boundaries on relationships;
- ❖ Effectively communicating your needs and rights;
- ❖ Responding to stigma and discrimination;
- ❖ Navigating the mental health and alcohol and other drug service system;

Circles of Support programs involve attending one 3-hour session each week, for 8 weeks. Programs are free to attend, with catering and resources provided.

To register or find out more about **Circles of Support**:

Call: Noelene on 0438 022 032

Email: contact@livedexperient.net

Web: www.bit.ly/ntlencos

Social media at livedexperient.net

