

How family members are affected?

Family members often experience tremendous stress and feelings of helplessness as a result of living with someone with addiction problems. Yet, many caregivers do not know where or who to turn to for help. An individual with addictions can affect at least four other persons close to him. Often, those who are closest to the person with the addiction require support and assistance to address their special needs.

If you are living with someone who is not ready to seek help for his addiction issues, you don't have to feel alone. Our team of dedicated specialists is here to listen to you and support you in managing your situation better.



NATIONAL ADDICTIONS MANAGEMENT SERVICE

Buangkok Green Medical Park
Block 9, 10 Buangkok View
Singapore 539747

General enquires : 67326837
Appointment Line: 67326837
Email: nams@imh.com.sg

All Addictions Helpline: 6-RECOVER (6-7326837)
National Problem Gambling Helpline: 1800-6-668-668

www.nams.sg

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Family Counselling Services



**NATIONAL
ADDICTIONS
MANAGEMENT SERVICE**

GAME Family

Game Family is a support group for family members of disordered gamblers. It provides both education and skills necessary for family members to manage the gambler, cope with distress and take better care of themselves. By attending the support group, family members can feel more empowered and less isolated about the challenges they are struggling with on a daily basis.

Our Goals

- To create a supportive environment for family members of gamblers so that they do not feel alone in their predicament
- To help family members make sense of their situation and receive much needed support
- To impart them with strategies to cope with the consequences of the gambling behaviour
- To exercise better self-care

Programme Details

Every Thursday evening 7 - 9pm
at NAMS Clinic (excluding
Public Holidays)



BRIDGE Family

Drug and alcohol addictions cause harm and suffering to the person consuming the substances, and to those around him. Managing person with addictions is challenging, exhausting and emotionally draining. Family members often feel helpless and lose hope. BRIDGE Family was specifically developed to address the needs of these families affected by a loved one's addiction.

Our Goals

- To help family members develop coping skills and pick up recovery tools that will improve their well-being
- Learn ways to guide the substance user towards receiving treatment and recovery
- To provide families with a better understanding of addictions and empower them on how to manage the substance user

Programme Details

Every Tuesday evening 7 - 9pm at NAMS Clinic
(excluding Public Holidays)



Individual Counselling: Family Matters

Family Matters is developed specifically for family members so that they can receive individual counselling service and support from a counsellor, even if their loved one is not yet ready to seek help. Family members have their own unique recovery needs. Our caring team comprises a psychiatrist and addiction specialist counsellors who can support and guide them to better manage their own recovery needs, and finding balance and peace.

Our Goals

- Support families in coping with the stress of living with a family member with an addiction problem
- Help families to understand addictions and learn how to manage a family member with addiction
- Provide them with resources to cope as the person with addiction is not prepared to change or seek treatment
- Provide assessment and appropriate referrals for families

Programme Details

- Monday – Friday, 8.30am to 5pm, excluding public holiday
- By appointment only
- Please call 6732 6837 or 1800 6668 668 to make an appointment or for queries