

If you would like more information about services that might help you or someone you know whose drinking concerns you, take a look at the contacts below:

## Services for Children and Young People

### Divert Project

Alcohol & Drug Education, Prevention & Early Intervention Service (Derry, Strabane, Limavady)

**T: 028 7127 3972**

(9am - 5pm, Mon - Fri)

[www.hiddenharm-divert.com](http://www.hiddenharm-divert.com)

### Breakthru >

Alcohol & Drug Education, Prevention &

Early Intervention Service

(Omagh, Fermanagh)

(9am - 5pm, Mon - Fri)

**T: 028 8775 3228**

**Helpline: 0808 800 2020**

[www.breakthru.co.uk](http://www.breakthru.co.uk)

### Daisy West

Youth Treatment Counselling and Support

**T: 028 7137 1162/028 8224 1525**

*Hidden Harm "Responding to the needs of children born to and living with parental alcohol or drug misuse in Northern Ireland"*

## Services for Adults



The NSPCC Helpline is the UK's free, confidential 24-hour helpline for anyone worried about a child's safety. Trained advisors are on hand to provide help, advice and support, or take action on your behalf if you have concerns for a child.

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Lifeline 24/7

24/7 Counselling Helpline:

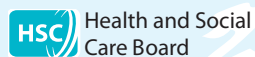
0808 808 8000

24 Hour Service

Print it For Me.com T: 028 7136 5300



**Your alcohol  
use affects  
your children,  
their life,  
their world...**



## Parental alcohol use – how much of a problem is it?

- Approximately 40,000 children in Northern Ireland are living with parental alcohol misuse
- Approximately 40% of children on the Child Protection Register are there as a direct result of parental substance misuse in NI, and 70% of Looked After Children (children living in care settings) are living away from home as a direct result of parental substance abuse
- 1 in 11 children is living in a family where there is an alcohol problem, however, it is also recognised this may well be an underestimate

## How does it cause problems for children?

- Children are at risk of emotional and physical abuse and neglect
- Parents may not look after their children as well as they could, e.g. inconsistent parenting, or children not adequately supervised
- It may cause financial stress and lack of essential care items for children
- There is often disruption to school life, children being late, being off, poor quality homework or none at all
- Children often have to take on adult roles of looking after younger brothers and sisters and taking care of the home
- Children may witness conflict and arguments at home
- Children may experience stress and a range of negative emotions when their parent/carer is using alcohol

## What do children say about living with alcohol misuse in their family?



- Children are often stressed having to keep their parents'/carers' alcohol use a "secret"
- Children are often worried about their parents and their siblings
- Children often get confused and mixed up, some bottle up their feelings, others get angry and feel let down by their parents
- Children often struggle at school as they are tired and can't concentrate
- Children often blame themselves and can be at risk of harmful behaviours themselves such as self harm or alcohol or drug use

## I think I have a problem with alcohol – where can I get help or support?

- Contact your GP. They can make a referral to your local alcohol and drug service

## I know a family like this and I am concerned – what do I do?

- To make a referral to the Western Trust Family Support Service ring the Gateway Team on 028 7131 4090
- The NSPCC Helpline - 0808 800 5000 - is open 24 hours a day, seven days a week to provide advice and support to anyone concerned about a child's welfare. Calls to the Helpline are free. Expert advice is also available online at [www.nspcc.org.uk](http://www.nspcc.org.uk)
- In an emergency ring 999 and ask for the most appropriate service.



"When she is drunk my mother tells me not to drink when I grow up... But that's all she ever does.."

Boy aged 9

