

# The 5-Step Support Service

## **You Don't Have To Be Addicted To Suffer From Addiction**

**Information for any adult affected by the misuse of alcohol or other drug by another individual**

### **What is the 5-Step Support Service?**

'5-Step' is a free, one-to-one consultation service for any adult affected by the misuse of alcohol or other drug by another individual, either family member or friend. '5-Step' recognises the impact that addiction has on everyone, including family members, friends and others and offers support, knowledge and guidance in helping to manage often confusing and emotional situations.

### **The 5-Step Support aims to:**

With the help of a dedicated support worker who understands that dealing with a lot of stress may start to affect physical and mental health, social life, finances, employment and impact on the whole family. They will guide you through the 5-Steps putting you and your needs at the centre, helping you to focus on the here and now, which empowers you to deal with often complex and difficult situations.

### **How 5-Step Support helps:**

'5-Step' helps by giving you support, knowledge and guidance. Putting you and your needs first, helping to reduce the stress and pressure you feel by building on your strengths, increasing your range of coping skills, helping to identify additional resources available to you, improving your resilience in dealing with complex situations and aiming to improve your emotional wellbeing.

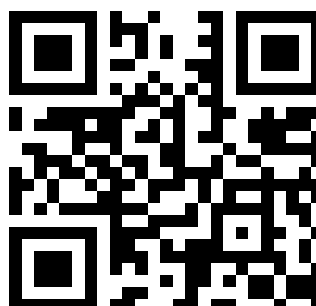
**AFI deliver this service in Counties Donegal, Leitrim, West Cavan and Sligo.**

**For further information contact:**

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**Reg Charity No 20067120**



**YOU DONT HAVE TO BE ADDICTED  
TO SUFFER FROM ADDICTION!**

# **5 Step Support**

**FREE, ONE TO ONE SUPPORT**

**FOR ANY ADULT AFFECTED BY THE MISUSE OF ALCOHOL  
OR OTHER DRUG BY ANOTHER INDIVIDUAL**

**FREE one-to-one  
consultations  
with a dedicated  
Support Worker**

**It's Okay  
to look for help  
when you  
need it**

**Your needs first  
reducing stress &  
helping to focus on  
all the options**

**Knowledge to  
improve your  
coping skills &  
build resilience**



**Guidance to  
build on your  
strengths & improve  
your emotional  
wellbeing**

**CONTACT FOR MORE INFORMATION:  
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