

CRANSTOUN

Empowering People, Empowering Change

**Everyone
deserves the
best support**

**Cranstoun Inspire
offers family and carer
support to Sutton
residents affected
by a loved one's
drinking or drug use.**



T: 020 8773 1881

E: info-inspire@cranstoun.org.uk

cranstoun.org



You don't have to cope alone.

Are you supporting someone else in their recovery?

We provide a service for residents of the London Borough of Sutton, offering care and support to families and carers of those experiencing difficulties with alcohol and drug misuse or addiction. By seeking support for yourself, you will be able to better support your loved ones.

How we help

Families and carers play an important role in supporting people close to them in their recovery from drugs or alcohol.

However, they often struggle to get the support they themselves need. As well as physical and psychological stress, families and carers can be left to deal with stigma and shame from society and often feel anxious, frustrated and alone.

What we offer

- Peer Support: Fridays 6.30-8pm
- Psychoeducation: Tuesdays 6.30-7.30pm
- Arts Psychotherapy: Thursdays 10-11.30am
- One-to-one counselling
- Mentalisation-based treatment for families
- Drop in advice and information
- Support and advocacy
- Family events
- Relaxation sessions



Family Support Service Cranstoun Inspire

T: 020 8773 1881

Cranstoun Inspire
Recovery Hub
232 High Street
Sutton SM1 1NT

Visit our website at:

cranstoun.org



Opening hours

We're open Monday to Friday
9am – 5pm.