

Equally Safe Falkirk

Working together to help families to heal from domestic abuse and improve family functioning

Using Alcohol or Drugs to Cope

Women experiencing domestic abuse are up to 15 times more likely to use alcohol or drugs.

42% of Asian women who seek treatment for alcohol use are experiencing domestic abuse.

50 - 90% of women attending substance services may have experienced abuse, either in childhood, adult life or both.

Women's Aid Federation

Why?

To cope
Self-medicate
Block things out
Pain relief
Forced by abusive partner (to control)
Shared with an abusive partner

Ask for Help

If you are using drugs or alcohol to help you cope, it is vital that you seek support urgently. Your responses and ability to stay safe may be significantly impaired whilst under the influence.

Useful Resources:

Alcohol Change UK

FRANK

Scottish Families Affected by Alcohol & Drugs

Services in Falkirk:

Axis (up to age 25)

Community Alcohol & Drug Service

Change Grow Live

**Contact us for more
information and help**

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<https://equallysafefalkirk.co.uk>