

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 or adult life, or both.

Women's Aid Federation

01324 632903

forthvalleyservices@barnardos.org.uk

<https://equallysafefalkirk.co.uk>

Why?

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

Ask for help

If you are using drugs or alcohol to help you to 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

www.alcoholconcern.org.uk

www.talktofrank.com

www.sfad.org.uk

Services in Falkirk

Forth Valley Substance Service (up to age 25)

<https://www.barnardos.org.uk/what-we-do/services/forth-valley-substance-service>

Community Alcohol & Drug Service

<https://nhsforthvalley.com/health-services/az-of-services/substance-misuse-service/>

Change, Grow Live

<https://www.changegrowlive.org/>

Domestic abuse is not your fault!

Contact us – we can help!

01324 632903

forthvalleyservices@barnardos.org.uk

<https://equallysafefalkirk.co.uk>