



Airedale, Bradford and Leeds

ARE YOU DUE A **LIFESTYLE** **MAKEOVER!**



Stress • Anxiety • Health • Fulfilment



People with alcohol and/or drug problems often adversely affect the lives of others around them.

- Family
 - Relatives
 - Friends
- Concern
 - Worry
 - Anxiety

Are you
Concerned
about a
Loved One
or a
Friend?

"THE ISOLATION, FINANCIAL HARDSHIP AND EMOTIONAL TURMOIL HAVE ALMOST SENT ME OVER THE EDGE"

"IT'S THE CONTINUAL STRESS, UNCERTAINTY AND WORRY THAT WEARS YOU DOWN"

"I USED TO HAVE FRIENDS, BUT BECAUSE OF THE STIGMA AND EMBARRASSMENT, I NO LONGER HAVE A SOCIAL LIFE"

Support and help is available to Concerned Others who are affected by someone else's substance misuse across the Bradford District.



Help and support are the key to improving your lifestyle.

Help and support is:

- About you
- About your needs
- About improving your life
- Completely confidential and free
- Only a text or phone call away



YOUR GATEWAY TO A BETTER FUTURE

The following offer Concerned Other focussed support

Bradford District 
Care Trust

North Bradford Drug Service
Concerned Other Worker
Eccleshill Clinic, Rillington Mead
Harrogate Road,
Bradford, BD10 0ED

Telephone: 01274 322193
(01274 323888 Dedicated Carer Helpline
- Answer Machine)



Bridge Carer and Family Services
For Concerned Others
35 Salem Street,
Bradford, BD1 4QH

Telephone: 01274 723863

project 6

Integrated Family Recovery Service
Concerned Other Services
Project 6
18 Temple Street
Keighley,
BD21 2AD

Telephone: 01535 610661
or 01535 610180


Lifeline **Bradford**

Piccadilly Project

Piccadilly Project (Alcohol Only)
1st Floor Auburn House,
8 Upper Piccadilly,
Bradford, BD1 3NU

Telephone: 01274 735775

or text support to: 07908 984 092



Your lifestyle makeover may include:

- Advice and emotional support
- Individual and group sessions
- Referral to other support organisations
- Complementary therapies which include:
 - Acupuncture
 - Massage
 - Reiki

**A POSITIVE LIFESTYLE CHANGE
CAN PUT YOU BACK IN CONTROL**

“MAKE IT HAPPEN FOR YOU”