

Our support is:

FREE

Confidential

Non-judgmental

**CADAS is a countywide charity
which has been supporting communities
in Cumbria since 1979.**

We work with adults and young people who are experiencing problems with their own substance use, or who are affected by someone else's.

Our Mission

"To enhance the lives of people in Cumbria through the reduction of harm caused to them by the use of alcohol or drugs, by providing them with an opportunity to work towards living in a more satisfying and resourceful way."



Contact us:

Countywide: 0300 111 4002

NORTH

Carlisle & Eden
3-5 Victoria Place,
Carlisle
CA1 1EJ

WEST

Allerdale & Copeland
Lowther Medical Centre,
1 Castle Meadows,
Whitehaven
CA28 7RG

SOUTH

South Lakes
Stephenson Centre,
Ann Street, Kendal,
LA9 6AA

Barrow in Furness
52 Paradise Street,
Barrow-in-Furness,
LA14 1JG

We also do outreach work throughout Cumbria.

OPEN HOURS:

Mon 09:00 – 17:00

Tue 09:00 – 17:00

Wed 09:00 – 17:00

Thu 09:00 – 17:00

www.cadas.co.uk



@cadascumbria1 (FB)

@cadascumbria (Twitter)

Charity: 1002201 & Company Ltd by Guarantee: 02585199

cadas
we help you change



**Parent/Carer/Family
Support**

Is this service for you?

Are you affected by someone else's substance use?

Are you a carer?

Have you noticed that you are using more prescription medication, alcohol or other substances to cope?

Do you want healthier ways of managing your stress?

If one or more of these statements is true for you, then we can help.

Call us or pop into one of our centres for free support to help you live well.

Information

We offer the opportunity to get general information about the effects of drugs & alcohol and advice on what services are available.

Therapeutic support

1:1 or group sessions provide the opportunity to find new ways to approach challenges you are facing, address concerns you have, and explore changes you can make.

Support groups

Providing a safe space to meet others in similar situations to you, share experiences, solutions and enjoy some informal social time. We also deliver mindfulness and Tai Chi courses to support people to cope with stressful situations.

Acu-stimulation (Black Box)

Black box is a safe and simple treatment which is like acupuncture without needles. Using a TENS machine, gentle pulses are passed through specific acupressure points, stimulating the body's production of natural endorphins helping to reduce stress, anxiety, improve sleeping patterns and the body to heal.

Community education

Tailor-made education workshops can cover a range of topics such as health & wellbeing, communication & listening skills and the cycle of change.

Contact your local Parent/Carer/Family Support Co-ordinator

