



FOR IMMEDIATE RELEASE

Online chat for adult carers worried about alcohol or drug misuse

26 January 2012, national – Adult carers worried about alcohol or drug misuse have the chance to get help and support through a special online chat being hosted by Swanswell next week.

The national charity – which helps people overcome drug, alcohol and other problem behaviour – will be holding the session with The Princess Royal Trust for Carers, offering information and guidance to adults who have a caring responsibility.

The free chat will be available at www.carers.org on Wednesday 8 February 2012 between 7pm and 8pm.

A member of the Swanswell team will be available to talk to adult carers who may be worried about their own alcohol or drugs use, or that of the person they are caring for.

Chris Robinson, Swanswell's Director of Services, said: *'We know there around 1.5 million adults in the UK affected by a relative's drug misuse¹ but many take on the burden of trying to deal with the issues themselves, without getting help.*

'Often, it's because the loved ones they're looking after don't want others to know about problems they might be facing or they just don't know where to turn.

'So we've joined with The Princess Royal Trust for Carers to make it as easy as possible for those carers to get in touch for information and guidance about their own alcohol or drug use, or that of a friend or relative they're looking after.

‘We hope the online chat will give people the confidence and information to make the first step, so they can change and be happy.’

Sam Symington, Online Support Manager for The Princess Royal Trust for Carers, said: *‘Our online forums would suggest that there are often issues with adults self-medicating with either prescription or illegal drugs, causing immense difficulties for those caring for them.*

‘We’ve also noticed that alcohol misuse and mental health issues are two other areas that carers are concerned about. However, many people don’t know where to go to get help.

‘So we’ve organised this session with Swanswell to bring useful information directly to carers, who may not otherwise have come forward.’

To find out more about Swanswell including the services it provides, visit www.swanswell.org.

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Notes for editors

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About Swanswell

Swanswell is a national charity that helps people overcome drug, alcohol and other problem behaviour. We believe that everyone deserves the chance to change and to be happy. We help them to remove the things that stand in their way, whether physical, emotional or practical. So, as their lives improve, they can feel well, do well, and stay well. Swanswell has a reputation for innovation and is a leading developer of new services which help people to change their behaviour for the better.

Swanswell has a number of offices across the country including Coventry and Warwickshire, Birmingham, Barnsley, Sandwell, Leicestershire and Rutland. Visit Swanswell at: www.swanswell.org.

Join the conversation, follow Swanswell on twitter at www.twitter.com/Swanswell.

About the Princess Royal Trust for Carers

The Princess Royal Trust for Carers is the largest provider of comprehensive support services, reaching more than 420,900 carers, including more than 31,000 young carers through a unique network of 142 independently managed carers' centres, 83 young carers' services and interactive websites, www.carers.org and www.youngcarers.net. To find your nearest Carers' Centre, call 0844 800 4361.

References

1. The Princess Royal Trust for Carers, *Key facts about carers*. [Online]. Available at: <http://www.carers.org/key-facts-about-carers> [accessed 18/1/12].