

## What steps could I take now?

- Start to be more aware of your drinking or drug use. Learn to know the difference between having a social drink and drinking which can get out of control. If you are using drugs take note of when you need to use more.
- Become aware of high risk situations which may lead to drinking or using.
- Learn about alcohol units and try to drink within recommended limits: 14 units weekly with no more than 2-3 units consumed on each drinking occasion and have alcohol free days each week.
- Fill in a record or diary with the amount you are drinking or using this will help you keep a check and identify patterns.
- If you are pregnant the advice is not to drink or use non-prescribed medication at all.

## Remember

If there are times when your drinking or drug use gets out of control, your children will be affected and could be at risk.

Take positive steps to change this. It might be useful to seek help or support even if you are not drinking or using all the time.

You can seek general advice from a worker from our partnership in confidence by contacting us at the address or telephone number below:

**0845 308 4010**  
**or 01246 206514**  
 (free from some mobiles)



Bases are in Chesterfield, Ilkeston, Ripley and Swadlincote. We also see people at other bases and venues throughout Derbyshire

### OPENING HOURS:

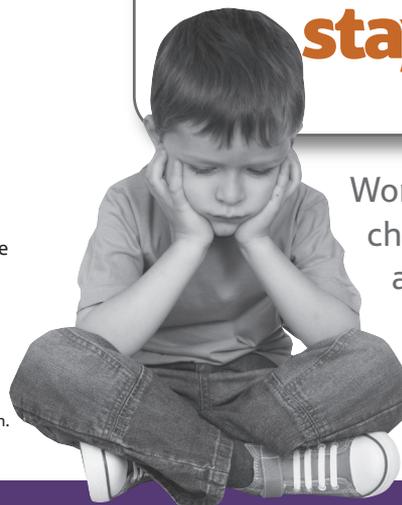
Monday - Friday 9am to 5pm with one late evening per week.  
 Contact us or visit our website for further information.

Derbyshire Recovery Partnership is funded by Derbyshire County Council Public Health. The partnership consists of Derbyshire Alcohol Advice Service, Phoenix Futures, Derbyshire Healthcare NHS Foundation Trust and Intuitive Thinking Skills.

# Derbyshire Recovery Partnership



## Helping your children stay safe



Working together to support  
change and recovery from  
alcohol and drug use

**NHS**  
 Derbyshire Community  
 Health Services  
 NHS Foundation Trust



**Phoenix Futures**  
*Experts in recovery for more than 40 years*



**TELEPHONE: 0845 308 4010**  
**or 01246 206514**

Email: [info@derbyshirerecoverypartnership.co.uk](mailto:info@derbyshirerecoverypartnership.co.uk)  
[www.derbyshirerecoverypartnership.co.uk](http://www.derbyshirerecoverypartnership.co.uk)

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## How will I know if my children are affected by my drinking or drug use?

If you are worried about your drinking or drug use, there is a good chance that your children will be too - even if they seem to be unaffected.

Here are some signs which might indicate that a child is affected by a parent's drinking or drug use:

- Becoming withdrawn, clingy or aggressive.
- Taking on responsibilities beyond their age.
- Telling stories or lies.
- Attention seeking.
- Appearing uncomfortable when a parent drinks.
- Smelling a parent's breath or asking questions about drinking.
- Behaving badly at home or at school.
- Not making usual progress with schoolwork.
- Not wanting to bring friends home anymore.

**If you have drugs in your home, these can look very inviting to a child. They must be stored safely along with needles or other equipment. A locked cupboard that cannot be reached is the most suitable place. If you have children or they visit your home it is essential that you have a safe storage box to keep your medications in. Phone us if you need further advice.**

## What can I do?

Depending on the age of your child it can help to talk openly. Ask them how they feel - and remember, it is important to listen to what they say!

Here are some practical steps you can take to help keep children safe if you drink or use illegal drugs:

- If you drink or use, always make sure another adult (who is not under the influence) is around to care for your children.
- If you are at risk of drinking heavily or of using drugs plan ahead! Ask a grandparent or someone who the child knows and feels comfortable with to care for them - perhaps for the night.
- Never drive a car when you have had a drink or have used illegal drugs and remember you may be over the limit after drinking or using the previous day.
- Try not to argue with your partner in front of the children when you have had a drink or taken drugs.
- Make sure your children have the contact number of someone who is safe and can care for them in an emergency.