

HOW DOES IT IMPACT MY FAMILY?

Now let's explore substance misuse, the effect it can have on your family, and how you can help reduce this impact.

Hint - think about indirect harms, like arguments in the home, losing time with children, or feeling tired when children want to play

How does it directly or indirectly affect my children?

It costs money, so we can't go places on a weekend



How could I stop or reduce this harm?

Write down the family budget, making sure we have enough left to do a weekend activity



Who can help me?

Use a budget planning app to make sure all family needs are accounted for before spending money on alcohol or drugs

