

Do you feel isolated,
lonely or confused?
Unsure of what to do next?
Do you need support?

Phone 01752 566 100
www.hamoazehouse.org.uk

Is somebody that you love
struggling with problematic
drug or alcohol use?

At Hamoaze House we run a weekly support group for people like you who are affected by the consequences and behaviour of those with problematic drinking or drug taking.

The meetings enable you to talk freely in a safe and confidential environment without being judged. You will be encouraged and supported by our team and other Family Group members through talking, listening and sharing experiences, focusing on making you feel valued, more confident and helping you better cope with your fears and identifying your own solutions.

Alternatively and where appropriate you may initially feel more secure with a one to one meeting with one of the team and we are always happy to accommodate this.

We will support and help you.

Hamoaze House
Plymouth
Devon PL1 4JQ

MEETINGS
Every
Tuesday 6-8pm



Worried

Lonely

Confused

www.hamoazehouse.org.uk

01752 566 100

“We were told about Hamoaze House Affected Others Group by a friend a few years ago. About a year later we made contact with John who runs the group and then it took another few months to “pluck up the courage” to come and meet other people in similar situations to ours.

It’s a lifeline. Out of the Tuesday evening meetings we’ve gained so much both from the guys who run it and the other group members.

Having someone that you love who has an addiction is very isolating but at the group meetings we are able to talk without being judged, listen to others with similar problems and get advice in a safe and confidential environment.

We are gaining more understanding and hopefully we can make more informed decisions. It’s fantastic having the support and knowing that we’re not alone.”

By a Family Group Member



How to Contact Us

Phone 01752 566 100

and ask to speak to John from Family Group or Jacquie in Hamoaze office

Drop in and see us at:
Hamoaze House
Devonport
Plymouth
PL1 4JQ

email: office@hamoazehouse.org.uk

Find us on Facebook

