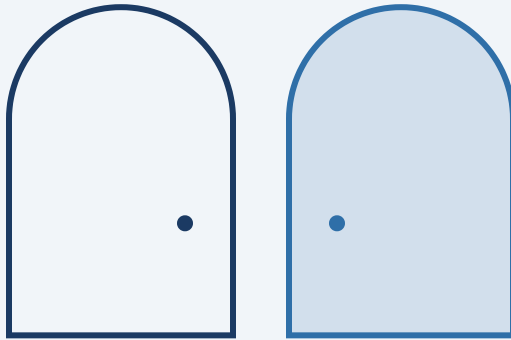




There's a room for them, too.

You found support here. The people close to you can find it as well.

For the partners, parents and adult children
of doctors and dentists in recovery

bddg.org

Like any illness, addiction touches the whole household.

No one would expect a patient's family to go through a serious illness untouched. Addiction works the same way.

1 in 10

adults in England and Wales say a loved one's drinking, drug use or gambling is harming them right now.¹

2.4×

the odds of depression for family members of someone with an addiction, compared with unaffected families.²

1.85×

the odds of depression that remained when the relative's addiction was in the past. The strain eases, but slowly.²

~3×

as likely to stay in treatment when families were engaged, in one randomised trial.³

80%

of family members in a support group of their own report better mental health within their first year.⁴

Over 30%

of affected family members say their own mental health has suffered.¹

The good news runs both ways. Hazelden Betty Ford reports that when families take part, patients tend to stay in treatment longer and are less likely to relapse.⁵ Support for them is support for you.

Recovery is easier when the people you love understand it and have their own recovery.

A SPACE OF THEIR OWN

Families have to go through a recovery of their own. The Families Group gives them somewhere to ask questions, express and heal, amongst people who know what life around medicine and dentistry is like. It's run by family members, for family members, with certified counsellor support.

SAME EVENING, ROOM NEXT DOOR

The group meets twice monthly.

You go to your meeting. They go to theirs. Recovery is a journey together.

HOW TO MENTION IT

Keep it simple. Let them know the group exists and encourage them to join. If now isn't the right time, pass them this leaflet.

Get in touch

National

familiesgroupnational@bddg.org

Meetings run online on Zoom.

More at bddg.org

SOURCES

1. Adfam (2021). Overlooked: why we should be doing more to support families and friends affected by someone else's drinking, drug use or gambling. YouGov survey of 2,061 adults in England and Wales.
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3. Al Ghafri H. et al. (2022). The impact of family engagement in opioid assisted treatment: results from a randomised controlled trial. *International Journal of Social Psychiatry*. Adjusted odds ratio 2.95.
4. Al-Anon Family Groups (2024). Membership Survey. Self-reported change in mental health among members.
5. Hazelden Betty Ford Foundation, Family and Children's Program announcement.