



FFSP

Providing an anchor for the storm

Want more
information?



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The Family and Friends
Support Programs

The Family and Friend Support Programs (FFSP) are free online support packages for families and friends supporting a **loved one who may be using alcohol and/or other drugs**. They also support people who may be **experiencing domestic and family violence**, as well as people living in **rural or remote regions**.

The programs were developed by **researchers** and **clinicians** with input from **real families and friends**.

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AWARENESS. INFORMATION. SUPPORT.

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THE PROGRAMS

The Family and Friend Support Programs provide helpful **information and resources**, showcase **real stories** from people with lived experience, and provide links to **additional support services**.



Program for people supporting someone who is using **ice**.



Program for people supporting someone who is using **alcohol and/or other drugs**.



Program for people who are experiencing **domestic and family violence**.



Program for people who live in **rural or remote regions**.



ALCOHOL AND OTHER DRUG PROGRAMS

Families and friends can play a critical role in the recovery of people using alcohol and/or other drugs.

The FFSP online support package for families and friends supporting someone who is using alcohol and/or other drugs include information on **how to best support a loved one while also managing the demands of this role**.



MODULE 1
Your First Step



MODULE 2
Looking Ahead



MODULE 3
Sailing Ahead



MODULE 4
Stop and Reflect

OTHER PROGRAMS

The FFSP online support package for people who are experiencing **domestic and family violence** provides information about how they can help support themselves, or a family member or friend. It also provides information about how to identify signs of violence and stay safe.

The FFSP online support package for people living in **rural and remote areas** provides resources for supporting themselves or others during difficult times, including supporting people who use alcohol and/or other drugs.



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