

Who we are

Better Lives Family Service provide therapeutic support to children and families where a parent or carer uses alcohol or other drugs. We also provide support to families, partners and friends in Islington who are [affected by someone else's substance misuse](#).

We know that no one sets out to have a problem with drugs or alcohol but that sometimes things can escalate out of control. When this happens it can have a long lasting impact on [family life and relationships](#) for everyone in the family, especially for children.

We offer [non-judgemental support from committed staff](#) and treat each family and individual as unique, with their own strengths and needs.

We believe that people can build upon their strengths to achieve lasting positive change.

For [further information](#) regarding [group times or to make a referral](#) please contact the service or visit: www.candi.nhs.uk/BetterLives

Opening times

Monday to Friday, 10am - 6pm

All assessments are by appointment.

Contact details:

☎ 020 3317 7437
07947 117 928

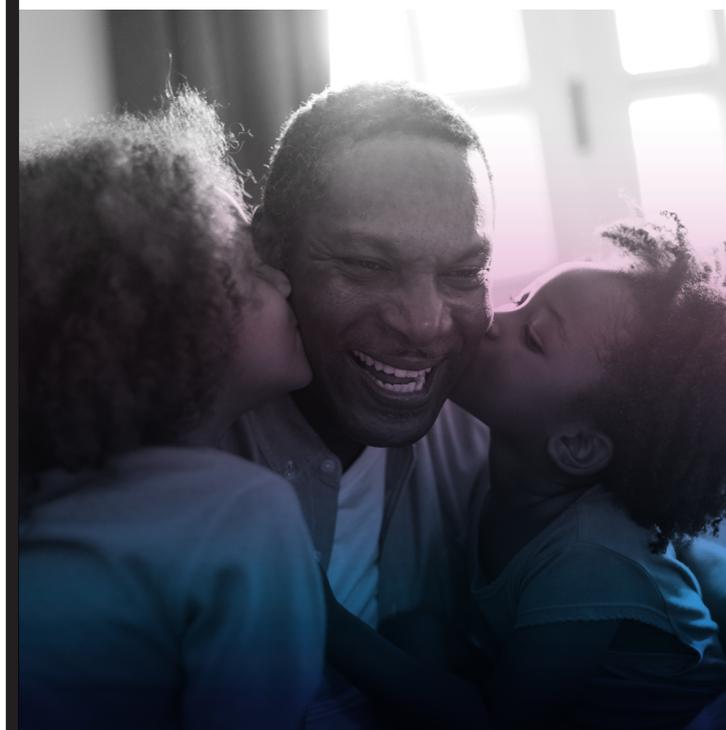
✉ cim-tr.betterlives@nhs.net



Better Lives

ISLINGTON'S DRUG & ALCOHOL SERVICE

Family Service



How to access our service

Better Lives Family Service is easy to access and can be done by:

Self-referral: Email or ring us anytime during our opening hours to make a self-referral.

We will ask you for some information to see whether our service is right for you. We will then offer you an appointment.

Professional referral: Referrals are welcome from any professional who works with Islington families. Ring our service anytime during opening hours.

We can also refer families and their individual members to a [wide range of Islington services](#) if they need additional advice and support.

We support

- Families who live in, or have a connection to, Islington with children under 18.
- Parents, children and young people who are concerned about these issues and would like to talk to someone.
- Any adult affected by someone else's drug or alcohol use in Islington.
- Professionals working with families affected by parental alcohol or drug use.

We will

- Work with the whole family, partners and friends to help reduce the difficulties caused by alcohol or drug use including helping to strengthen parent-child relationships.
- Provide regular space and time with experienced workers who have helped many families, children, partners and friends to make lasting positive change in their lives.
- Provide sessions to help develop and strengthen parenting skills.

Confidentiality

At Better Lives Family Service we understand that [confidentiality is important](#) in building a relationship of trust. We will explain all aspects of confidentiality when we meet with you. [Anything you discuss with us will normally remain confidential](#) to the team unless there are concerns that a child or adult is at risk of significant harm. Wherever possible we would discuss this with you before [sharing information with another agency](#).

Where we are

The Better Lives Family Service runs from:



28b King Henry's Walk, London, N1 4PB

We are based a short walk from Dalston Kingsland and Dalston Junction stations.

