

## Parents In Need Of Support

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### Parents In Need of Support (P.I.N.S)

An holistic family and Carer support service for those with someone experiencing substance or alcohol misuse issues. A service aimed at meeting individual needs of parents and carers whose family members are involved in drug and alcohol misuse in Hartlepool.

#### How can PINS help?

We can develop a care plan to meet your individual needs and work with you to achieve your goals. Together we will use step-by-step approaches to help build your confidence, self-esteem and knowledge and understanding of drug and alcohol misuse.

We can help to develop skills to overcome many of the issues that are affecting you and your family. We offer mentoring and advocacy by trained people who can support you and / or direct you to other services that may be of some help. We offer respite and activities to allow you quality time away from the pressures of home. We can offer you training and parenting skills from accredited and experienced staff, access to drug and alcohol information, as well as a comprehensive range of books, DVD,s, brochures etc from our information library.

What PINS can offer:

- Support Work
- Accredited Counsellors
- Accredited C.R.A.F.T Trained
- Advocacy and Mentoring
- Outreach
- Life Coaching
- Information, Advice and Signposting
- Individual Care Plans
- Drug /Alcohol Awareness Training and Parenting Skills Courses
- Self Help and Activity Groups
- Drop In Facilities
- Holistic Therapies
- Art and Craft Classes

#### How can I access PINS?

You can be referred by any agency or G.P. or you can simply give us a call or pop into our offices yourself.

This information has been provided directly by the organisation/ service provider. However, it is still always a good idea to contact them to check nothing has been changed.

### Who to contact

**Telephone** 01429 260110  
**Email** [info@parentsinneedofsupport.co.uk](mailto:info@parentsinneedofsupport.co.uk)

### Where to go

**Name of venue** Greenbank  
**Venue address** Elwick Road  
Hartlepool  
**Postcode** TS24 7QT