

About TASHA Foundation

TASHA Foundation provides counselling services, family therapy, holistic health care services, confidential support, aftercare programmes, training projects, self-help opportunities and out-of-hours support to individuals affected by substance misuse or mental health difficulties.

We strive to provide a flexible range of support services and opportunities to our client groups.



Our philosophy:

- Therapy and life skills training
- Affirmation of self worth
- Sustained community support links
- Holistic personal health choices
- Achievable personal goals

Underpinning all of TASHA's work is the passionate belief that self-help is a powerful tool. It helps people with complex needs move on to a place of strength and independence in their lives.

*'Helping you
to Help Yourself'*

Office Opening Hours:

Monday, Tuesday, Thursday & Friday:

9.30am to 5.30pm

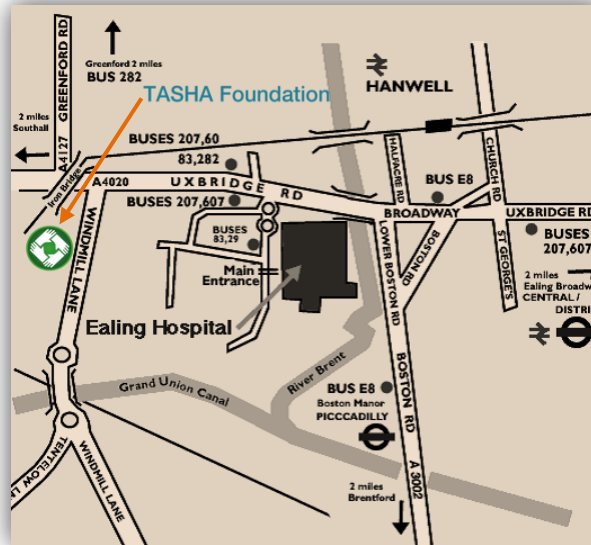
Wednesday & Thursday: 9.30am to 7.30pm

Saturday: 10.00am to 1.00pm

How to find us

Our Ealing Offices are located next to the Iron Bridge off Windmill Lane. We are a 5 minute walk from Ealing Hospital.

Bus routes: Buses that stop right outside the office include the 207 and the 427. The E8 also stops close by.



For more information please call
020 8571 9981

Email: enquiries@tasha-foundation.org.uk

www.tasha-foundation.org.uk



TASHA Foundation is a Charitable Company Limited by Guarantee No. 3358266. Charity No. 1062805

CARERS SUPPORT



Support for Families, Friends
and Carers of those affected
by Drug or Alcohol issues in
Ealing



TASHA Foundation

Helping you to help yourself

Unit 14, Windmill Place Business Centre • Windmill Lane
Southall • UB2 4NJ

Tel: 020 8571 9981 • Fax: 020 8571 9981

Email: enquiries@tasha-foundation.org.uk

www.tasha-foundation.org.uk

Our Carers Support Service

We understand the impact that someone's drug or alcohol misuse can have on friends, family, carers and loved ones. At TASHA Foundation we work hard to support not only those overcoming addiction, but those close to them. If you know someone affected by drug or alcohol problems, we can offer:

- One-to-one counselling
- Training for friends, family and carers
- Support groups for stress management and confidence building
- Relaxation techniques
- A confidential, out of hours helpline

Eligibility Criteria

The Carer's Support Service is for you if you:

- Are a family member, friend or carer of someone who has a drugs or alcohol problem
 - Lives (or cares for someone who lives) in the borough of Ealing
 - Are aged 18 and over
- OR**
- Have ever been affected by someone else's drug or alcohol misuse

If these apply to you then please contact TASHA Foundation (Ealing) on **0208 571 9981** to find out about how our Carers Support Service can help you.

Carers Training

Know someone affected by drug & alcohol issues but not sure how best to support them?

In our free training for friends, families and carers we provide:

- Information on the effects of alcohol and substance misuse
- Coping techniques
- Information on your rights
- And much more

If you would like further information or would like to reserve your place please contact us on

020 8571 9981



Support Groups

If you are affected by someone else's drug and/or alcohol misuse, this group provides the opportunity to:

- Meet people in similar situations
- Share experiences and coping strategies
- Offer and receive mutual support
- Have access to information and resources
- Get time out for yourself

Facilitated meetings: 1st Wednesday of every month between 6pm and 8pm. Delivered in partnership with *Equinox*.

Out of Hours Helpline

The **TASHA Foundation Helpline** is an out-of-hours confidential telephone service offering emotional support and information for people affected by mental health problems including friends, family, carers and loved ones.

TASHA Foundation Helpline

020 8560 6601

Open Mon, Tue, Sat & Sun from 6pm to 9pm

Seeking Help is a Positive Step.

Aftercare Services

Our Aftercare Programmes provide support to help individuals maintain positive gains already made in their recovery process along with the skills to continue the proactive lifestyle they have set out to achieve. Contact us for further details.