

If someone close to you is using drugs or alcohol, it can feel overwhelming. You may experience stress, isolation, or anxiety—and feel like no one truly understands. At Family Support Link, we do. Since 2007, we’ve supported thousands of people across Northamptonshire, and we’re here for you too.

We offer free, confidential, non-judgemental support for anyone affected by someone else’s substance use. Our goal is to give you the tools and confidence to make informed choices and regain control of your life.

1-1 Support

You’ll receive up to 8 one-to-one sessions (45 minutes each) with a trained support worker. Sessions are tailored to you and can be face-to-face, over Zoom, by phone, or through informal walk-and-talks in the community. Our approach is based on the 5 Step Method, a proven model designed to help families like yours.



Group Support

We offer group support to help you connect with others who understand. Join our relaxed online group on the first Tuesday of each month or our weekly Wednesday social club at local coffee shops. Both provide welcoming, stigma-free spaces to share experiences, build friendships, and take a break.

Referrals to either group or 1:1 support are simple. You can call us or fill out the referral form on our website