Dear XXXX MP,

I am writing to you as my local MP to draw your attention to [Adfam’s lastest research](https://adfam.org.uk/files/Overlooked.pdf) on the number of families and friends affected by someone else’s drinking, drug taking or gambling.

Adfam, the national charity improving life families affected by drugs, alcohol and gambling, estimates that roughly 1 in 10 adults in Great Britain are currently negatively affected by someone else’s substance use, this amounts to 5.5 million people– a stark figure demonstrating that anyone could be affected. Yet this group continues to suffer in silence, and remains forgotten in terms of public awareness and policy.

The effects of substance use on families and friends is profound, and these 5.5 Million people experience a range of daily challenges including mental ill-health, violence and abuse, relationship difficulties, financial strain, isolation and stigma.

Adfam’s research shows that only a quarter of affected families told us that the media and the public give enough recognition and attention to the potential harms they face, and only a tenth think that national and local Government is doing enough to provide services and support. [You can read the full report here.](https://adfam.org.uk/files/Overlooked.pdf)

I am therefore asking you to champion for this change on my behalf, and to raise the issue of supporting families affected by substance use with Kit Malthouse MP, the Minister for Crime and Policing, with responsibility for drug and alcohol policy.

Adfam is calling on local and national government to:

1. Increase services to support children and adults affected by a loved one’s substance misuse or gambling
2. Ensure that where services are available, families and friends of lived people with a drug, alcohol or gambling problem are prioritised for identification and referral.
3. Ensure that families and friends who have vital caring responsibilities are recognised and supported financially, emotionally and practically.
4. Ensure that family members of people with drug, alcohol and gambling issues are included in all relevant Parliamentary Inquiries and policy making.

I look forward to hearing from you.

Yours sincerely,

NAME

ADDRESS (so that you can be identified as a constituent)