

National Family Support Network

Press Release – For Immediate Release

What is our Worth? Valuing Family Support

A new report released by the National Family Support Network shows that **91% of family members who attend family support experience a reduction in mental health difficulties**. The report shows that providing services to affected family members results in significant improvements in their lives and also provides significant cost-savings to the state.

Sadie Grace, C.E.O. of the National Family Support Network, which **celebrates its 10 year anniversary this year**, noted: "Our research proves what those of us living with a family member with addiction already know; support works. This research shows that when family members engage in structured family support services, 91% of them experience a significant reduction in mental health difficulties, 89% report an improvement in their family relationships and 80% report a reduction in negative coping behaviours, such as smoking".

Ms. Grace continued: "Not only do our services support significant improvements in family members' well-being, but we also save precious public resources – the social investment analysis of our services showed **that for every €1.00 invested into family support groups generates a social value return between €5.00 to €5.50**. These vital services, often volunteer led, are a lifeline for families in distress, they must continue and grow."

The research, which is set out in the report, *Valuing Family Support: A Social Return on Investment Analysis on Understanding the Value of Family Support for Families Coping with Addiction Issues* - carried out jointly by Quality Matters and the National Family Support Network – is being **launched at St. Andrew's Resource Centre on December 6th at 10:30 AM** at an event marking the ten year anniversary since the Network became an autonomous support agency. **The report is available on request from NFSN.**

For further details:

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