

Adfam has supported families affected by drugs and alcohol for the last 30 years. For our birthday this year, we want to end the stigma suffered by millions of people living with an addiction – that's not theirs. With your support, we'll help end their isolation and encourage them to speak out. That's the best birthday present we could wish for.



[www.adfam.org.uk](http://www.adfam.org.uk)

# “Scared

that people will judge me because of my partner's drinking”

*Lisa*