

Sarah's confidence improved during sessions. She was able to confidently join the children's group on her own, contributed to group discussions and volunteered to read out others answers to the group.

“

I see other children who have experienced the same thing as me, which makes me feel less lonely. I made friends in the group.

**Sarah, Young Person
(MPACT)**

“

I feel like I can have more open conversations with Sarah.

**Pam, parent of Sarah
(MPACT)**

If you are worried or concerned about yourself, a child, a young person, a friend or a family member, do not wait for things to get worse. Speak to a trusted professional or visit the campaign page for resources and guidance.

<https://barnsleyrecoverysteps.org.uk/advice/hidden-harm/>

Remember:

Hidden Harm isn't always visible.
Support is available.
It's okay to ask for help.
WHAT'S THE HARM?



WHAT'S THE HARM?

The everyday impact of
parental drug and alcohol use



Find out more,
access
resources and
get involved:
<https://barnsleyrecoverysteps.org.uk/advice/hidden-harm/>



In partnership with:



Many children and young people are affected by parental drug or alcohol use.

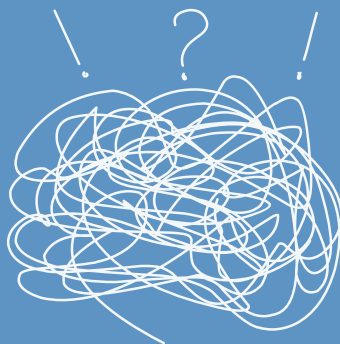
Sometimes drug or alcohol use can start to seem normal, making it harder to spot the harm.

What children see growing up can affect their choices later in life.

Sometimes the signs are obvious. Often, they are not.

Hidden Harm can affect:

- Emotional wellbeing
- Family relationships
- Feelings of safety and security
- School attendance and learning
- Physical and mental health
- Confidence and resilience



The Hidden Harm Campaign is helping Barnsley families and professionals recognise concerns earlier, start supportive conversations and access help before problems become bigger.

Why are we asking, "What's the Harm?"

Because harm is not always visible.

Someone might think:

- What's the harm? It's only occasional.
- What's the harm? My child doesn't know.
- What's the harm? They're too young to notice.
- What's the harm? Everything is fine.



But children can be affected by things adults may not see in the short or long term, directly or indirectly.

The campaign encourages everyone to:

- Stop and think
- Recognise when a child, young person or family may need support
- Have safe, supportive and non-judgemental conversations
- Seek support early and reduce the risk of potential harm escalating
- Know where help is available and how to access it

The 'What's The Harm?' campaign is about understanding, not blame. Sometimes the impact can be instant or evident decades later. The campaign encourages early help, supportive conversations and families knowing where to turn.

Real life stories

Real stories can help people understand why Hidden Harm matters. MPACT is an evidence based local intervention to support families and children where hidden harm is evident.

During the first few sessions of MPACT, Sarah presented as very anxious, and reluctant to leave her mum. Sarah became upset when asked to join the children's group, away from her mum. She was reluctant to read out answers to the group and asked her mum to read her answers out for her. Sarah was reluctant to talk about her Mum's alcohol use stating 'it upsets her and makes them think of sad thoughts'.