

FRANK

Friendly and confidential drug advice.

0300 123 6600 (24/7)

Childline

Anyone under the age of 19 can confidentially call, email or chat on-line about any problem big or small.

0800 1111 (24/7 service)

www.childline.org.uk

(to talk one to one with a counsellor register for an account with childline on the website)

The Mix

If you are under 25 you can contact The Mix free of charge to talk to someone. You can also use their text or webchat if you prefer by visiting their website.

0808 808 4994 (daily 1pm to 11pm)

www.themix.org.uk

Narcotics Anonymous

Offers support and advice for anyone about the nature of drug use and addiction.

0300 999 1212 (10am—midnight daily)

**Numbers correct at time of publishing.
Some numbers may incur a charge.**

There are apps you can download to your phone/tablet device to help you:



Quit That! - Helps users beat their habits or addictions. Either stopping drinking alcohol, quit smoking or stop taking drugs.

Apps were free to download at time of publishing but may contain in-app purchasing/ adverts.

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DRUG AND ALCOHOL MISUSE IN CHILDREN AND YOUNG PEOPLE

A guide to drug and alcohol misuse and finding help and support



Please note the information provided in this leaflet is for guidance only and not designed to diagnose a specific condition. Contact your GP if you are concerned about any of your symptoms.

DRUG AND/OR ALCOHOL MISUSE

Drug (sometimes referred to as substance) and/or alcohol misuse in children and young people is a form of risk taking behaviour that could be a sign that you are experiencing or dealing with some sort of adversity or trauma.

You may be using drugs or alcohol to self-medicate to help escape upsetting memories or help you tolerate an abusive/traumatic relationship.

ALCOHOL USE

You may need help with alcohol if you find that you “need” a drink, you get into trouble because of your drinking and other people comment on how much you drink.

If you are physically dependant on alcohol (this means that your body needs the alcohol to work) then suddenly stopping drinking it can mean that you become very unwell if you stop drinking it suddenly and completely. So please seek advice first from a professional, for example your GP.

SOLVENT ABUSE

Solvents can be found around the home and include lighter gas refills, aerosols (e.g. hair spray, deodorant), glue and paint. **Abusing gases and solvents can kill even the first time they are used.**

NEW PSYCHOACTIVE SUBSTANCES

New psychoactive substances used to be referred to as “legal highs”, however they are now illegal to produce.

A psychoactive substance is anything that causes hallucinations, drowsiness, changes in perceptions of time and space or change in mood or empathy with others.

They often look like many other substances for example, a white powder and can come in packets that have other names on them. Sometimes there is a list of ingredients on the packet however this is no guarantee concerning the contents or the effects they could have on you.

It’s not illegal to possess new psychoactive substances however that does not mean that they are safe.

WHO CAN HELP?

Contact your GP for help and advice. They can help you or sign post you to the services that can offer the best support to get the help you need.

WHO ELSE CAN YOU TURN TO FOR HELP?

T3—Drug and alcohol

01785 241 393

T3 offer free and confidential advice for young people (up to the age of 18) about making informed choices about their drug and alcohol use.

This includes support and assistance to parents, teachers, carers and so on.

They welcome new clients—contact them via the telephone number or by email: t3staff.stafford@cgl.org.uk

They accept referrals from family or friends or from the young person themselves. They will only accept referrals if the young person is aware of the referral.

Community drug and alcohol service

01782 221090

This is not a 24/7 service but they have an answer phone and will call you back if you leave a message.

They provide advice to anyone about drug and alcohol use including someone you may be worried about who is using substances for example a parent or family member.