Think about ... Alcohol, Drugs and Solvents

WHO WANTS TO HARM THEIR BRAIN, LUNGS, HEART, AND LIVER?

DRUGS MGSSGd UP My Mind

I TOOK DRUGS BECAUSE MY FRIENDS DID.

I DRANK ALCOHOL TO MAKE ME RELAX

I drank so much I ended up in hospital

Drugs made me sick, tired and very scared

Some young people try alcohol, drugs or solvents to search for a new experience, to fit in or to feel good. If you hang out with people who drink alcohol regularly, use drugs or sniff solvents you might be tempted to try it.

Drinking alcohol, taking drugs and sniffing solvents carry risks including affecting your emotional and physical health. They can affect your body and brain and make you behave in ways you would not normally do.

Alcohol, drugs and solvents may make you feel good for a while. If you use any of these to help cope with a situation or a feeling or to fit in after a while you might

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Alcohol, Drugs and Solvents affects your judgements, emotions and ability to make sensible choices.

think you need to rely on them. If taken regularly you could become addicted.

There are different ways of getting help. Talk to someone

you trust, a close friend, a parent, a family member, school nurse or your school counsellor. There are different organisations that offer advice and support.

Never take another person's medication or pass on drugs

Never take drugs that have not been prescribed to you by your doctor.

Helplines:

National Drugs Helpline 0800 776600 text 82111

DAISY Text DAISY to 81025

FASA 028 9080 3040

AA National Helpline 0845 769 7555

I out of 4
people who die
from sniffing
solvents are first
time sniffers

Mixing alcohol and drugs can be dangerous

Useful Websites:

www.mindingyourhead.info/young-people/alcoholand-drugs - information on the effects of alcohol and drugs

<u>www.fasaonline.org</u> - good section on what to do in an emergency

www.talktofrank.com - loads of information on types of drugs and where to get help

<u>www.thesite.org/drinkanddrugs</u> - information on types of drugs and their effects

<u>www.nhs.uk/Livewell/Pages/Topics.aspx</u> - information on how alcohol or drugs affect your health