

Think about ...



Alcohol, Drugs and Solvents

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

DRUGS
MESSEd 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

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

Mixing alcohol and drugs can be dangerous

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

Useful Websites:

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

www.fasaonline.org - good section on what to do in an emergency

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

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

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

Helplines:

National Drugs Helpline
0800 776600 text 82111

DAISY Text DAISY to 81025

FASA 028 9080 3040

AA National Helpline 0845 769 7555