

TELL ME ABOUT..

Substance Misuse

the facts

Smoking, Alcohol & Drugs

Substance misuse, abuse and addiction takes many forms and can affect all members of the family, not just the person involved. It can involve legal substances such as tobacco, alcohol, prescription drugs, glues, gases, aerosols, legal highs' and also illegal drugs and counterfeit or fake alcohol.

Often it is hidden within families and becomes a shameful secret. If you or a family member is struggling with substance misuse speak to a trusted adult to try and get help for them and the family.

Smoking: In England over 8 million people smoke, and 320 people die every day from smoking. Someone who starts smoking at 15 is three times more likely to die from cancer than someone who starts in their mid-20's. The average smoker spends around £27 per week - up to £90,000 in a lifetime!

Alcohol: teenage girls are more likely to get drunk than boys. 31% of 15 year old girls have been drunk at least twice compared to 26% of boys the same age. Almost one in ten boys and around one in eight girls aged 15 to 16 have unsafe sex after drinking alcohol.

Drugs: 30% of teenagers in the UK have admitted to taking illegal drugs at least once.

Glues, gases & aerosols: more 10-15 year olds are killed each year abusing these substances than from illegal drugs. They can KILL the first time they are used.

IF YOU NEED
HELP NOW!

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.

useful contacts

SMOKING

NHS Smokefree Helpline

Tel: 0300 123 1044 - www.camquit.nhs.uk
www.nhs.uk/Livewell/smoking/Pages/Teensmokersquit.aspx

ALCOHOL

NACOA (For children of alcoholics)

Tel: 0800 358 3456
<https://www.drinkaware.co.uk/alcohol-facts/>

Al-Anon (For friends and families of alcoholics) Tel: 020 7403 0888

Alcohol concern Tel: 0300 123 1110
<https://www.alcoholconcern.org.uk/>

Adfam (families, drugs and alcohol)
www.adfam.org.uk

DRUGS

Talk To Frank

Tel: 0300 123 6600
<http://www.talktofrank.com/>

other contacts

Help on any other issues that affect young people can be found at:

CAMBS

<http://www.youthoria.org>

LINCS

<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

NORFOLK

<https://www.whatsthedealwith.co.uk>

NATIONAL

www.youngminds.org.uk