Drugs and Mental Health

What are drugs?

A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body

There are many reasons why a person may begin using drugs, some of these include:

- Curiosity
- Rebellion
- Influence from others
- Medical Reasons
- Coping Mechanism

Drugs that are psychoactive, such as cannabis, alcohol, ecstasy and heroin, have the ability to affect your mood.

They can arouse certain emotions or dampen down others, this may be why people use them.

The changes in your mood or behaviour caused by drugs are the result of changes to your brain. This is also the part of you that controls your mental health.

Short term effects of drug abuse

- Mood swings
- Sleep problems
- Risk taking behaviour
- Harmful changes in appetite
- Panic attacks
- Drug induced psychosis (delusions or hallucinations)
- Drug induced mood disorder

Long term effects of drug abuse

- Dual diagnosis (mental health problem and drug addiction)
- Can cause cancer
- Kidney and liver damage or disease
- Dependence
- Addiction
- Debt
- Depression
- Neurological damage
- Death

The mental health problems that most often occur with drug misuse are depression, schizophrenia, bipolar disorder, anxiety disorder and attention-deficit hyperactivity disorder (ADHD).

Signs to look out for

Long- term use can lead to dependence, addiction, debt, chronic disease or other health related issues

Behaviour

- Regular change in mood
- Aggressive or agitated behaviours
- Withdrawing socially
- Making bad decisions
- Depression

Health

- Heart racing
- High blood pressure
- Trembling hands

Social

- Arguments
- Bad relationships
- Work/School problems
- Regrets of things you have done

COMMUNITY FUND

T.A.M.H.I
www.tamhi.org

Where to get Help for Drug related issues

There are a wide range of early intervention , treatment and support services in place throughout Northern Ireland

Visit Drugs and Alcohol NI at:

www.drugsandalcoholni.info

and click on the 'Services Near You' section. You will find a range of search options to find what is most appropriate for you

drugsand alcoholni

"Addressing drugs and alcohol together"

Another useful website is Addiction NI. It features a range of online information about both drugs and alcohol as well as a number of drug tools in their 'Resource' section

www.addictionni.com

addiction ni
reducing harm, promoting recovery

Getting Support

Lifeline is a 24hr help and counselling service. They can give you immediate support and information on local services.

Lifeline

0808 808 8000

You can:

- See your doctor
- Call the out of hours GP service
- Go to A&E department
- Call emergency services
- Call Samaritans on 116 123
- Text Shout 85258
- Don't let things build up; talk to people you love and trust.

"Positivity, confidence and persistence are key in life, so never give up on yourself"

Take 5 Steps for Wellbeing

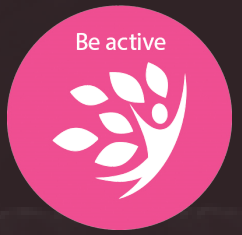
The Take 5 Steps for wellbeing are an evidenced based way to promote mental health.

Do something nice for a friend. Smile. Volunteer your time and help your club.

Surround yourself with Family , friends or teammates. Good connections will help you feel supported.

Don't be afraid to try something new. Take up a hobby and something you enjoy and learn a new skill.

Exercise acts as an anti-depressant. Being active is good for your mental health and physical health.



Be aware of the world around you and how you are feeling. Take a step back, breath and take a time out.

www.tamhi.org