

DRUGS & MENTAL HEALTH

YOUR MIND. YOUR GAME. YOUR CHOICE.

LOOK AFTER YOUR MENTAL HEALTH.
PLAY YOUR GAME.



WHAT ARE DRUGS?



LEGAL DRUGS

- Alcohol
- Tobacco (Nicotine)
- Caffeine
- Prescription medicines (when used as prescribed)



ILLEGAL DRUGS

- Cannabis
- Cocaine
- Ecstasy
- Amphetamines
- Heroin
- Magic Mushrooms (Psilocybin)
- New Psychoactive Substances (Legal Highs)

REASONS WHY PEOPLE MAY DO DRUGS



CURIOSITY

Wanting to try something new or see what it feels like.



REBELLION

Going against rules or authority.



INFLUENCE

Pressure from friends or people around them.



MEDICAL

Using to treat pain or medical conditions.



COPING

Trying to deal with stress, anxiety, low mood or other problems.



SHORT TERM EFFECTS

- Feelings of euphoria or relaxation
- Increased confidence
- Impaired judgment
- Poor coordination
- Nausea or vomiting
- Anxiety or panic
- Mood swings



LONG TERM EFFECTS

- Addiction and dependence
- Anxiety and depression
- Memory and concentration problems
- Poor sleep
- Damage to brain and other organs
- Relationship and financial problems
- Increased risk of self-harm or suicidal thoughts



SIGNS TO LOOK OUT FOR

- Changes in mood or behaviour
- Loss of interest in things they used to enjoy
- Withdrawing from family and friends
- Changes in sleep or appetite
- Decline in school/work performance
- Secretive behaviour or lying
- Unexplained physical symptoms
- Increased need for money



HELP IS AVAILABLE

TEXT TEAMMATE



85258

here for you 24/7
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GP



Your GP is a good place to start. They can listen, offer advice and connect you to the right support.

DRUGS & ALCOHOL SUPPORT SERVICES IN YOUR REGION



Local services provide confidential support, advice and treatment options. Ask your GP for details or search online for services in your area.

SAMARITANS



116 123

Someone is always there to listen.
24/7 • Free • Confidential

FAMILY & FRIENDS SUPPORT NETWORK



Talk to people you trust. You are not alone. Support from family and friends can make a big difference.



THERE IS NO SHAME IN ASKING FOR HELP.
TALK. REACH OUT. WE'RE HERE.

LOOK OUT FOR EACH OTHER.
STRONGER TOGETHER.



ONE CLUB. ONE TEAM. ONE COMMUNITY.
STRONGER TOGETHER.

☆ RESPECT TEAMWORK SUPPORT BELONGING WELLBEING

LOOK AFTER YOUR MENTAL HEALTH.
PLAY YOUR GAME.