

Talking with your d about drugs: 10 top tips



LAUGHING
GAS

COKE

CANNABIS

AMPHETAMINES

NITROUS

Research shows that talking about drugs with
your children can protect them from harm.
The 10 tips in this guide will help
get you started.

Why do young people use drugs?

Some young people experiment with drugs because they want to find out what it feels like. For some people, drugs make them feel good – they enjoy the sense of achievement or they feel more confident. For others, drugs provide a way to escape from stress or other problems in their lives. For people whose friends take drugs, it can be difficult to see this as the norm and something they should do too.

Help & Information

Re-Solv

National solvent abuse charity. Re-Solv on 01785 810762 or via text/whatsapp from 10am-4pm, Mon-Fri. There's more help online as well at re-solv.org.

FRANK

At talktofrank.com you can search every kind of drug. Friendly, confidential advice is available on 0100 123 6600, text, chat. You can also use a postcode support services.

YOUNG MINDS

If you're worried about your child, Young Minds have a free Parent Helpline on 0161 275 5544 and information online at youngminds.org.uk

Adfam

Adfam is a national organisation working with families affected by drugs and alcohol. adfam.org.uk

childline

Childline provides free, confidential support for children and young people on 0800 1111 and at childline.org.uk

THE MIX

The Mix provides free, confidential support for under-25s on 0800 800 themix.org.uk.