

Drugs and Impact



Drug misuse can be harmful to your health in both the short term and the long term, and could possibly lead to addiction or even death.

The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact ShropshireFIS@shropshire.gov.uk and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website www.shropshire.gov.uk/early-help.

Drugs.

Drugs can be broadly divided into three categories based on their main effects. They may act solely as stimulants, as depressants or as hallucinogens

In addition to these 3 broad categories, each particular drug has its own specific effects and risks.

If you have a problem with drugs, there's a wide range of addiction services that can help.

Some services are provided by the NHS, and some are specialist drug facilities run by charities and private organisations.

Getting treatment for a drug problem will steer you through the options, so you can find help that works for you

With the right help and support it's possible for you to get drug free and stay that way.

Where to get help for drugs

A good place to start is to visit your GP. Your GP can discuss your concerns with you, assess the nature of your problems and help you choose the most appropriate treatment. Your GP might offer to treat you or might refer you to your local specialist drug service.

Many drug treatment services accept self-referrals so, if you're not comfortable talking to your GP, you might be able to approach your local drug treatment service directly.

(Information taken from NHS website)

Drug Addiction

Here is a list of some of the more commonly asked questions about drug addiction

Medic: <http://www.medic8.com/drug-addiction/faq/index.html>

Drugs and the brain

Martin Barnes of DrugScope and neuroscientist Professor David Nutt explain the results of research into the effects of recreational drugs on the brain.

NHS: <http://www.nhs.uk/Livewell/drugs/Pages/Dodrugsdamagebrain.aspx>

Drugs and the law

The penalties depend on which drug and the amount you have, and whether you are also dealing or producing the drug. The most severe penalty can be an unlimited fine and life in prison.

GOV.UK:

<https://www.gov.uk/penalties-drug-possession-dealing>

Talking to your child about drugs

It can be difficult to talk about drugs with your kids. Use these tips to help you talk openly with your child.

<http://www.nhs.uk/Livewell/drugs/Pages/Drugsandyourkids.aspx>

Children and Young People Sexual exploitation

Sadly, children are often the victims of sexual exploitation. Some children are forced to take drugs or drink alcohol, to have sex or to perform sexual acts without consent. Some are also made to prostitute themselves for the sake of a third person. Children are often lured by older people who befriend them, with presents, drugs and alcohol and force or coerce them into having sex with people many times older than them. In some cases, the young boy or girl may believe that they are being mature when they spend time with older people but more often than not they are simply being taken advantage of. Some older people will take a young person into their homes as a boyfriend or girlfriend and then make them have sex with other people, exposing them to sexually transmitted diseases and violence.

NHS Website: How to spot child sexual exploitation

<http://www.nhs.uk/Livewell/abuse/Pages/child-sexual-exploitation-signs.aspx>

Worried about a friend

Sometimes people who have a problem don't think they have or refuse to believe that they are addicted or dependent. So if you think your friend has a problem and you want to help them, think about how you're going to approach it and what you're going to say.

<http://www.talktofrank.com/worried-about-a-friend>

Advice for the families of drug users

Many families in the UK are living with a loved one who is using or trying to come off drugs. It's a difficult situation for everyone involved, but help and support is available

<http://www.nhs.uk/Livewell/drugs/Pages/caring-for-a-drug-user.aspx>

Local Support for Males and Females.

Shropshire Recovery Partnership

Shropshire for drug and alcohol support will be delivered by ARCH and Addaction as the Shropshire Recovery Partnership.

With recovery orientated treatment at the heart of all our activities we will be providing a county wide, community based recovery service that is integrated and inclusive.

We will be offering a range of services which will include the following:

- Open access advice and information
- Harm reduction, needle exchange and BBV prevention
- Outreach and re-engagement
- Criminal justice services
- Young persons service
- Hospital in-reach
- Structured daycare
- Psychosocial interventions
- Pharmacological interventions
- Shared care
- Stimulant services
- Family & carers support
- Access to detoxification service

Should you have any questions, please do not hesitate to contact us at 01743 294 700
info@shropshirerecovery.com.

Website:

<http://www.shropshirerecovery.com/>

Aquarius

Here at Aquarius we strive to help people overcome the harms caused by alcohol, drugs and gambling. We work closely with families and friends to lessen the impact caused by a habit of a loved one.

Telephone: 0121 622 8181 for free advice and support

Email: shropshire@aquarius.org.uk

Address: Fletcher House, 15 College Hill, Shrewsbury SY1 1LY

Website: <http://aquarius.org.uk/alcohol/>

Smart Recovery

Smart Recovery Shropshire are an addiction support group who meet in Shrewsbury every Monday and Friday evening from 7pm to 8.30pm.

The group offers an opportunity for people in recovery from addictions to meet and support each other through discussion. With the help of smart recovery tools the group can assist in helping their lives become more manageable.

Telephone: 07950 296508

Website: [Smart Recovery UK](#)

St Winifrieds Convent, Shrewsbury, Shropshire, SY1 1LE

IMPACT (Impact Alcohol & Addictions Services)

Based in Telford.

IMPACT counsellors and psychotherapists provide a high quality, sensitive, supportive and confidential service to anyone concerned about their own or someone else's problem addictive behaviour.

Telephone: 01952 223165

Email: info@impactaas.co.uk

Website: <http://www.impactaas.co.uk/>

Narcotics Anonymous

Narcotics Anonymous is a non-profit Fellowship of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean. The only requirement for membership is the desire to stop using. The information on the site is provided for those who think they may have a drug problem.

Telephone: 0300 999 1212

Website: <http://ukna.org/>

Meetings: Thursday 7:00 pm St Winefrides Convent, College Hill, Shrewsbury SY11TE

Local Young People support.

Shropshire Recovery Partnership

We provide advice and support for young people aged 18 and under who are affected by drugs, alcohol or solvents.

The SRP has a confidentiality policy which has been agreed with Shropshire's Safeguarding Children Board. Young people's information will not be passed on without their consent - unless someone is being abused or in danger of suffering significant harm. The SRP are happy to take referrals from young people, friends, family, carers or professionals.

The SRP is based in Shrewsbury but offer appointments throughout Shropshire

You can contact us on 01743 294 700 during the hours of:

Monday to Thursday 8.45am - 5.00pm

Friday from 8.45am - 4.00pm

If we are out please leave a message with your name and number and we will get back to you.

National support for young people.

Get Connected

Get Connected is the UK's free, confidential and multi-issue helpline service for young people under 25 who need help, but don't know where to turn. We help young people find a path to a brighter future.

We can help children and young people no matter where they are in the UK and no matter what the issue. Our service is available 365 days a year over the phone, via web chat, email or our free app.

By phone Call us FREE on **0808 808 4994**

Open from 11am - 11pm every day

Email: help@getconnected.org.uk

Website: <http://www.getconnected.org.uk>

Addaction

We provide friendly and expert advice on drugs and alcohol for young people aged 10 to 17.

Our specialist services, Young Addaction, support young people to understand the effects of their substance misuse and the harm it can cause to them and the people around them. You can rely on us for advice and information, and we can offer you a safe place to talk about things that are bothering you.

Telephone: 020 7251 5860

Website: www.youngaddaction.org.uk

National support

Talk to FRANK

Frank is a government funded organisation which offers confidential Drugs and alcohol advice to those with problems or those who suspect/ know that someone else has a problem. You can contact Frank by telephone, text or E-Mail. Complete anonymity (no need to give your name).

Telephone: 0300 123 6600 SMS: 82111

Website: <http://www.talktofrank.com/>

Turning Point

Turning Point is the UK's leading social care organisation. We provide services for people with complex needs, including those affected by drug and alcohol misuse, mental health problems and those with a learning disability.

We are one of the largest providers of substance misuse services in England and our range of drug and alcohol services help people recover from addiction and gain control of their lives. We know that successful treatment starts with being there at the right time - providing support when you're ready to take the next step.

We provide:

- Residential rehabilitation services
- Residential detox
- Supported People services
- Integrated services
- Psychological interventions service
- Drug intervention programme services
- Care coordination services
- Open access services
- The Resolution Clinic

Telephone: 020 7481 7600 (Please note that this is not a helpline)
Manchester office: 0161 238 5100
Email: info@turning-point.co.uk

Website: <http://www.turning-point.co.uk/>

Adfam

Adfam is the national charity working to improve life for families affected by drugs and alcohol. We want anyone affected by someone else's drug or alcohol use to have the chance to benefit from healthy relationships, be part of a loving and supportive family and enjoy mental and physical wellbeing.

Drug and alcohol use can threaten and ultimately destroy family relationships and wellbeing. We empower family members and carers, support frontline workers and influence decision-makers to stop this happening.

By telephone 020 7553 7640 (please note we do not operate a helpline)
Email: admin@adfam.org.uk
Website: http://www.adfam.org.uk/about_us

Release

Release is the national centre of expertise on drugs and drugs law – providing free and confidential specialist advice to the public and professionals. Release also campaigns for changes to UK drug policy to bring about a fairer and more compassionate legal framework t
Helpline
Telephone: 0845 4500 215
Email: ask@release.org.uk
Website: [Release](http://www.release.org.uk)

Drugscope

Drugscope is the UK's leading independent centre of expertise on drugs. Our aim is to inform policy development and reduce drug-related risk. We provide quality drug information, promote effective responses to drug taking, undertake research at local, national and international levels, advise on policy-making, encourage informed debate and speak for our member organisations working on the ground. Drugscope is supported by a variety of organisations, including Government, EU, Trusts and Foundations
Telephone: 020 7234 9730
Email: info@drugscope.org.uk
Website: <http://www.drugscope.org.uk>

Resources for children and young people.

Preventing teenage abuse of prescribed drugs

Partnership for drug free kids

<http://drugfree.scdn1.secure.raxcdn.com/wp-content/uploads/2014/05/Fact-Sheet-Preventing-Teen-Abuse-of-Prescription-Drugs.pdf>

Resources for young people (FRANK)

Frank

<http://www.release.org.uk/sites/default/files/pdf/publications/Drugs%20and%20the%20Law%202013.pdf>

Does your child know more than you?

Frank

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/183081/Does_your_child_know_more_than_you_-_Revised_v6.pdf

The truth about drugs

Gov.uk

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/260604/truth_about_drugs_v3_October_2013.pdf

Resources for parents

Family Lives

<http://www.familylives.org.uk/search/?searchType=phrase&keywords=DRUGS&siid=19>