

有關

尋求毒品方面的協助須知

The facts about
Getting help with drugs

Chinese

FRANK

0800 77 66 00

這個電話號碼會有可以用中文
與你通話的人士。

www.talktofrank.com

DrugScope

020 7928 1211

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Produced by the FRANK campaign in association
with DrugScope and funded by the Home Office.

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尋求毒品方面的協助須知

當你得知你認識的一名青少年在服用毒品， 你可能會很難接受。

你可能會：

- 擔心該青少年的健康；
- 對該青少年服用毒品感到憤怒；
- 憂慮你未有好好地照顧他們；
- 感到羞恥，因為你們的宗教是反對使用毒品和酒精的。

但請記著：

- 即使該青少年有極嚴重的毒品問題，但仍有很多方法是可以協助他們的；
- 該青少年並不是一個壞人；
- 依斯蘭教，基督教及其他宗教都告訴我們在他人有困難時幫助他們。

我應怎樣做呢？

- 與該青少年傾談，但不要對他們發怒。
- 與一位你信任的人傾談，例如姊妹或表兄弟姊妹。與他人分憂總比將秘密埋在心裏好。

- 與你的醫生傾談。他們不可以向任何其他人士透露你所說的事情。醫生可能會幫到該青少年。
- 與一位毒品工作人員傾談。他們有幫助吸毒者的專門技能。
- 請記著，該青少年的問題不會因你將他們終日關在家中而獲得解決。
- 在你將該青少年遣返你的祖國以便解決問題前，你要先考慮清楚。在很多國家內，毒品會比在英國更容易得到，因此該青少年在返回英國時，問題可能會變得比以前更嚴重。

我怎樣可以獲得更多協助？

- 有很多組織可以幫助你與該青少年。
- 請致電 0800 77 66 00，以瞭解在你區內有沒有一位毒品工作人員。這電話號碼是免費的，及無人會知道你曾經打這電話。這電話號碼會有可以用中文與你通話的人士，不過你首先會聽到對方用英語接聽，因此你須用英語

說：“I don't speak English but would like to speak to someone in [Cantonese / Mandarin]” [意思是：我不懂英語，但我希望能與一位人士用廣東話/普通話交談]

- 請瀏覽網站 www.talktofrank.com
- 請致電 020 7729 9904 並與 Release (釋放會) 傾談。Release 具有關於毒品與法律的專門知識。不過，你只能用英語與 Release 交談，因此你可能需找一位人士幫助你。你亦可以寄電子郵件給 Release: ask@release.org.uk
- 若你擔心吸入溶劑的問題，請致電 0808 800 2345 並與 Re-Solv (溶劑事務會) 傾談。

Getting help with drugs.

It is very difficult when you find out that a young person you know is taking drugs.

You might be:

- worried about the health of the young person;
- angry with the young person for taking drugs;
- concerned that you have not taken proper care of them;
- ashamed because your religion says taking drugs and alcohol is wrong.

But remember:

- even if the young person has a very bad drug problem, there are lots of ways they can get help;

- the young person is not a bad person;
- Islam, Christianity and other religions tell us to help people if they are in trouble.

What should I do?

- Talk to the young person. But do not get very angry with them.
- Talk to someone you trust, such as a sister or a cousin. It is always better to share a problem than keep it secret.
- Talk to your doctor. They are not allowed to talk to anyone about anything you tell them. The doctor will be able to help the young person.
- Talk to a drugs worker. These are people who have special skills to help people who take drugs.

- Remember that the young person's problem will not be solved by keeping them at home all the time.
- Think very carefully before sending the young person to your home country to try to solve their problem. In many countries it is easier to get drugs than in the UK, so the young person could come back with a worse problem.

How can I get more help?

There are lots of groups that can help you and the young person.

- Telephone 0800 77 66 00 to find out if there is a drugs worker in your area. This number is free and no one will know that you called it. There are people on this number who can talk to you in your language.

- Visit the website www.talktofrank.com
- Telephone 020 7729 9904 and speak to Release. Release has special knowledge about drugs and the law. However, you can only speak to Release in English, so you might need someone to help you. You can also email Release on ask@release.org.uk
- Telephone 0808 800 2345 and speak to Re-Solv if you are worried about solvent sniffing.