

The facts about Getting help with drugs

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.

DrugScope

020 7928 1211

www.drugscope.org.uk

For additional copies, please contact Prolog on 0870 2414680

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