

# WORRIED ABOUT DRUGS?

## Drugs and you

Any chemical that changes how you think or feel can be a drug. This leaflet is about illegal drugs, medicines and tablets that are not being taken as prescribed, not alcohol or tobacco, though these can be a problem for the user. See the other useful contacts section at the end of this leaflet for help with these.

Drug problems can ruin the lives not only of the people who take them, but their families and friends as well. The good news is that most people can sort their drug problems and there is help available here in the East Riding.

Getting treatment can help people stop taking drugs altogether. If you are worried, but don't necessarily want to stop, advice and information can help you stay safe by explaining and helping reduce the risks of drug taking. We know if you have been taking drugs for years and have serious problems it won't be easy to stop, but we can help. However bad you feel about your drug taking if you are reading this you are alive and if you are alive there is hope for you – **get in touch.**

People have an idea that to have a problem with drugs you have to be physically addicted. It is true that if you take some drugs long enough your body changes and gets used to them. If you then go without the drug you can feel distressed and unwell. This is a physical dependency. Most people who take drugs are not dependent in this sense but you can have a drug problem without being physically addicted. Some people get addicted to things which aren't drugs – for example gambling or pornography.



## How do I know if I've got a problem with drugs?

Most drugs are illegal and if you take them you are breaking the law. If you know you are physically dependant on drugs, you have a problem and you will almost certainly need help – get in touch. If you don't think you are physically addicted have a look at the questions below. If you answer yes to any of them you probably have a problem.

- **Are you spending money you can't afford on drugs, getting into debt or doing things you'd rather not do to get drugs?**
- **Could you stop if you wanted? Do you take more drugs than you planned or more often than you would like? Have you tried to cut down and not managed to do so?**
- **Do you rely on drugs to help you do something you don't feel you could do without them? This might be giving you confidence, making you feel better about yourself, calming your nerves, getting to sleep or just getting through your day.**
- **Have you missed work or has your work suffered because of drugs? Have you lost a job or not been able to get one because of drugs?**
- **Do you think your health is suffering because of your drug taking? This could be your appearance, your physical health or it could be mental health, including being anxious, depressed or not sleeping properly. Remember you might not get these symptoms until a few days after you have taken the drugs.**
- **Have your friends or family commented on your drug taking? Have your relationships suffered because of your drug taking?**



## What can I do if I've got a problem?

Some people who realise drugs are becoming a problem sort themselves out, perhaps with a bit of help from friends or family. That's great if you have the willpower and your life is in a place where you can manage to do this. If you've tried and failed or you've got other problems that are going to make stopping difficult you will probably need some help.

The thought of going through recovery on your own can be frightening but with help and support it can be done. Lots of people can be treated successfully in the community but if necessary there are residential rehabilitation centres around the country that can help people with round the clock support. There are also people who have been through what you are going through and come out the other side who could help you. Ring the number below to talk about the sort of help that is right for you.

**To talk to someone about drink and drugs and get an appointment to see someone ring the East Riding Partnership on (01482) 344690**

You can be seen in any of the places below:

**Hedon, Hessle, Withernsea, Pocklington, Driffield, Beverley, Hull, Bridlington, Goole and Hornsea.**

You can talk to your GP about your drug problems.

**If you are in trouble with the law over drugs you can ring the East Riding Drug Interventions Programme Team on (01405) 608210.**

## What if its not you that has a drug problem?

Contact Saffron, our local service for the families of drug users on (01482) 225868 if someone in your family has a drink or drug problem and you want some help.

## Young People

There are separate services for young people with drug or alcohol problems. Depending on where you live, contact one of the numbers below, email [yss@eastriding.gov.uk](mailto:yss@eastriding.gov.uk) or contact your nearest **Youth Support Service Centre:**

**Beverley:** (01482) 391300

**Bridlington and Driffield:** (01482) 391380

**Goole, Howden and Snaith:** (01482) 391360

**Holderness:** (01482) 391320

**Haltemprice:** (01482) 301340

**Wolds and Dale:** (01482) 391320.

## Getting help

### National

National Drug Helpline **0800 776 600**

[www.TalktoFrank.com](http://www.TalktoFrank.com)

### Local

[www2.eastriding.gov.uk/living/health-and-well-being/drugs-and-alcohol-health-advice](http://www2.eastriding.gov.uk/living/health-and-well-being/drugs-and-alcohol-health-advice)

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