Compass Children & Young People's Drug & Alcohol Services

CYPDAS NEWSLETTER 01.05.20

Compass CYPDAS will now be sharing a newsletter every two weeks, providing service updates, contact details, and a feature piece on different substances to raise awareness amongst children and young people.

Alcohol

As we know, the current situation is becoming increasingly difficult for most of us, with recent reports suggesting alcohol use has risen significantly as many find a way to cope with the added stress and/or boredom. It is important for all of us to be aware of our mental health, and that of other's, and understand what help is available if needed.

ADAPTED SERVICES DURING COVID-19

We continue to support our children and young people, using different forms of media to keep in regular contact. We are still accepting new referrals through the usual means. We would like to thank everybody for their co-operation during this time.

ACTIVITIES TO KEEP THE BOREDOM AT BAY

1. Join in with tiktok
2. Spend time with the family, play a game.
3. Volunteer to help others! This could be helping those who are more vulnerable in your area.

If you are worried about a friend, family member or yourself and are after some more information, please get in touch:

Service mainline: 01788 578 227
Text ChatHealth: 07507 331 525 (for ages 11-19)
Email: compass.warksypsduty@nhs.net
Instagram: @compasswarksyp

QUICK TIPS: STAYING SAFE

Always stick together, respect other's decisions – its okay to say no, always call 999 in an emergency.

TOPIC 2: ALCOHOL

There are many different types of alcohol such as wine, beer, cider, lager, spirits (e.g vodka) and alcopops such as wkd, all of which will vary in strength and units. Alcohol, although legal for over 18's is a drug as it affects the way a person thinks, feels and acts. It is also a poison.

THE EFFECTS

Alcohol is a depressant and so it slows down the central nervous system. It can cause a person to have blurred vision, slurred speech and a lack of co-ordination. Alcohol may make a person feel more relaxed but the effects can differ from person to person.

THE RISKS

Alcohol impairs decision making meaning you are more likely to take risks while under the influence. As the body can only process one unit per hour and so drinking a large amount in a short period of time (binge drinking) can cause alcohol poisoning. Signs to look out for: confusion, vomiting, seizures, irregular breathing, awake but not responding, passing out and shivering. Always stay with someone showing these signs and call 999 if in doubt!

THE LAW

If you are under the age of 18, it is against the law for someone to sell you alcohol, to buy or try to buy alcohol and for an adult to buy or try and buy alcohol for you. If you are over 18 alcohol is a legal substance.