

2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

Drug and alcohol awareness month

People might take drugs or drink alcohol for different reasons. You might do it to fit in with your peers, or because you want to try something new and find out what it's like. Or it could be to deal with family problems, or cope with difficult experiences you've had.

Maybe you've been offered drugs or alcohol, or you know other people who use them. If so, it's a good idea to know the facts about drugs and alcohol, how they can affect your health, and where to go if you ever want help and advice.

If you choose to take illegal drugs, please remember it can lead to a criminal conviction which could end up affecting things in your future, like getting a job.

If you're under 18, <u>it's against the law</u> to buy (or try to buy) alcohol, or to drink alcohol in licensed premises like restaurants,

Caring, Learning & Growing Together

pubs, bars and clubs.

<u>Drugs and Alcohol | Support and Advice | YoungMinds</u>

Children and their parents or carers are advised that an alcohol-free childhood is the healthiest and best option. Drinking alcohol at any age can be hazardous and is bad for your physical and mental health.

However, if you are happy for your child to drink alcohol underage, it should not be until they are at least 15 years old.

If young people aged 15 to 17 years do consume alcohol, it should always be with the guidance of a parent or carer or in a supervised environment and they should limit it to no more than one day a week. They should never exceed the UK Guidelines.



ALCOHOL is known as a "depressant" because it can slow down parts of your brain. This can affect your thinking, behaviour and even your heart rate.

Decisions can be harder to make and we think we can do more than is often safe to do. It's one of the reasons so many accidents happen after people have been drinking lots of alcohol.

While the effects of alcohol can sometimes have a short term positive impact on our mood, in the long term it can cause problems for mental health.

If you're under 18, alcohol relayed acts are against the law, as follows:

- For someone to sell you alcohol
- To buy or try to buy alcohol
- For an adult to buy or try to buy alcohol for you
- To drink alcohol in licensed premises (such as a pub or restaurant

Only when you are 16 or 17, and accompanied by an adult, can you drink (but not buy) beer, wine or cider with a meal. See https://www.gov.uk/alcohol-young-people-law for more info.

DRUGS come in many varieties. It's important to know the facts, and where to go for help and advice.

All drugs have the potential to cause harm. They can be addictive and using drugs in combination with each other can increase risk.

Drug abuse impacts the brain's ability to function and prevents proper growth and development in young people.

A drug overdose is always a medical emergency. Call 999 for help immediately if you suspect an overdose.

Who to ask for help:

- Your family
- Trusted friends
- Teachers

 school staff or your Head of year
- Professionals such as your Doctor, a social worker or school nurse
- A community support group

FRANK has lots of reliable information about drug use and where to find support, take a look: <u>Honest information</u> about drugs | FRANK (talktofrank.com)

Call FRANK on 0300 123 6600 or text 82111. Lines are open 24/7.

Call 999 in an emergency.

Useful resources

Health effects of alcohol | Drinkaware Alcohol support - NHS (www.nhs.uk)

<u>Should my child drink alcohol? - NHS</u> (www.nhs.uk)

Alcohol and Your Mental Health | What's It All About? - YouTube

Alcohol poisoning - NHS (www.nhs.uk)

Teenage drinking | Drinkaware

Alcohol | Childline

Alcohol | Effects of Alcohol | FRANK (talktofrank.com)

Lifestyle | Health for Teens

How recreational drugs and alcohol affect mental health | Mind, the mental health charity - help for mental health problems

Poisoning - Symptoms - NHS (www.nhs.uk)

<u>Drugs and Alcohol (young people) -</u> Overview (healthtalk.org)

Reaching Out For Help With Your Mental Health | YoungMinds

Boost Your Mood | Childline

How to put someone into the recovery position | NHS - YouTube

School Nurse DROP-IN

If you are aged between 12 and 19 (25), you can access confidential NHS advice about your health, safety and emotional wellbeing. We play an important role in educating young people about making healthy choices and offer help and advice.

To find out when your drop-in is, speak to student services or take a look here

School Nurse Drop-in Humber ISPHN

Our website contains lots of reliable health and wellbeing information you may find useful, take a look at page

Key Topics for ages 12 - 19 | Humber ISPHN

Key Topics (SEND)

CHAT HEALTH

TEXT 07507 332891

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be sign-posted to local services if they choose to share their details.



Thank you for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website

