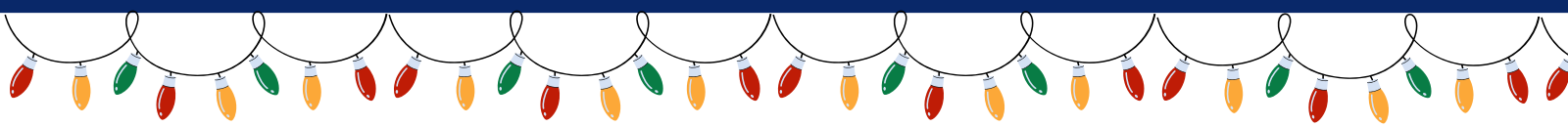


Alcohol and Drug Snapshot

December 2024



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The festive period can be great a time for young people to have some time off and to spend time with their friends and family. However for some young people it can be a time of increased worry about loneliness, change in their routine, or not having contact with their usual support systems. This can also be a time when young people experiment with alcohol or drugs.

If you're concerned that your child or a young person you are working with is using alcohol or drugs to cope, it's important to get some help as soon as possible.

Key Messages for Young People

- ★ You cannot guarantee safety when using alcohol and drugs
- ★ You never know exactly what's in the drugs you are taking even if they look similar to what you have used before
- ★ You can't be sure how the drugs will affect you
- ★ Using alcohol and drugs together can increase the risks and may have long-term side effects

New Year

As the Christmas holidays come to an end and the New Year begins young people may reflect on the past year and consider setting new goals. This may include reducing or giving up alcohol or drugs. This can often increase pressure on young people to succeed. During this time it is important that a young person speaks with a trusted person or service.

2025



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline have developed 6 top tips to support young people to plan their year ahead.

Support for Young People



With You provides brief interventions, advice and emotional support via a Webchat service. Webchat is an accessible, free and anonymous service for anyone over the age of 13 who is in need of drug, alcohol or mental health support. This service will be open every day except Christmas day.



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Childline is the UK's free, 24-hour service for children and young people. Run by the NSPCC, Childline gives children and young people up to the age of 19 confidential support. Childline is open 24 hours a day and 7 days a week during the Christmas period.



Alateen is for young people 12 to 17 years who are affected by another's drinking. Alateen helpline is available every day of the year.