

# Alcohol and Drug Snapshot

May 2024



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## Schools out for summer

The summer holidays can be great, a time for young people to have some time off and spend time with their friends. However for some young people it can be a time of increased worry about loneliness, change in their routine, waiting for exam results 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
- You can't be sure how the drugs will affect you
- Using alcohol and drugs can have long-term side effects
- Recognise the signs of an emergency and call 999  
- [Scottish Ambulance Service TRUST resource](#)

### 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.



Glasgow City Youth Health Service (YHS) offers support for young people across 9 locations in Glasgow. The Multiple Risk programme, which is a 12 week programme will address individual risks, this includes drugs and alcohol.



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

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.



Routes is a youth work programme delivered in East and West Dunbartonshire by Scottish families affected by alcohol and Drugs (SFAD). The service supports young people aged 12-26 years affected by alcohol and drugs within their family.

### TRUST Campaign

The Scottish Ambulance Service TRUST campaign is aimed at young people, to build trust in phoning 999, this includes recognising the signs of an emergency, calling for help and encouraging young people to be honest with emergency services if they know if someone has used alcohol or drugs.

Copies of the poster and leaflet can be downloaded from their website.



# Support for Parents

As a parent or carer, it's important to talk to your child or young person about alcohol and drugs. By doing this, you can help them to understand the risks and support them to make safer, healthier and informed choices.



Scottish Families Affected by Alcohol and Drugs is a national charity that supports anyone affected by someone else's alcohol or drug use in Scotland.



FASS offers free confidential support, advice and information to family members across Glasgow who have been affected by a loved one's drug or alcohol use.



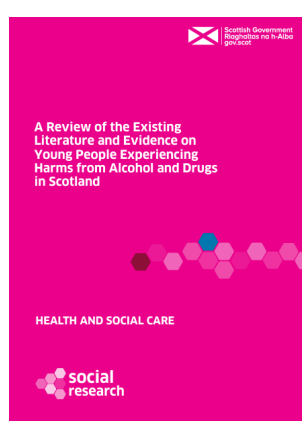
Young Minds have developed a practical guide to support parents to talk to their child about alcohol and drugs. They also offer a parents helpline that offers tailored information, advice and support to parents and carers who are concerned about their child or young person.



Alcohol Change UK have a number of resources to support with having conversations about alcohol.

This specific resource has been developed to some answer some of the most common questions parents ask about alcohol and young people

## Further Reading



This report provides a review of the existing literature and evidence base relating to alcohol and drug harms experienced by children and young people in Scotland.



This report examines the evidence of effectiveness of different types of drug prevention and education for children and young people.

## Websites and Services



Know the score is a website that provides information and support on drugs.

You can speak with a know the score advisor on **0800 587 5879**.



Alcohol and Recovery Drug Services (ADRS) provides a range of treatment and care options for individuals who are affected by their own or someone else's alcohol and/or drug use.



NHS Inform host a directory of health and wellbeing services in Scotland. Including GP practices and support groups.