

Healthy Lifestyle

Guard against drug and substance misuse

What is drug and substance misuse?

- **Drug use is drug taking through which harm may occur, whether through intoxication, breach of laws or of school rules, or the possibility of future health problems, although such harm may not be immediate.**
- **Drug misuse is when drug taking harms health or functioning. It may take the form of physical or psychological dependence or be part of a wider spectrum of problematic or harmful behaviour.**
- **Drug and substance misuse can be anything from alcohol to painkillers to illegal drugs.**
- **Any drug or substance that an individual uses regularly or is harmful to them is a problem.**
- **Children are often pressured to try drugs and alcohol. Be there to offer advice, listen and help where needed.**

If you or your partner have a substance abuse problem, contact your GP for help, advice and a referral to services that can help.

If you are worried about your child taking drugs, talk to them calmly, be informed, don't attack, set clear limits and reassure.

Useful contacts

For more information visit

<http://www.direct.gov.uk>

Alcohol Concern www.alcoholconcern.org.uk

Harrow Drug and Alcohol Service have a young persons service provision with dedicated workers to address the needs of young people

Tel: 020 8869 4500

Talk to Frank

Tel: 0800 77 66 00

The National Drugs Helpline

Tel: 0800 77 66 00 (open 24hrs)

The National Drink Helpline

Tel: 0800 917 8282 (open 24hrs)

EACH (Ethnic Alcohol and Drug Counselling Service) counselling service

Tel: 020 8864 9622