

ALCOHOL
*Scared of
your own
Shadow?*

FEAR
CRIME
WORRY

LIGHT)(OUSE
"A beacon of hope"



Introduction:

2008 recorded 260 deaths to suicide many of whom were young people with problems linked to alcohol or drugs.

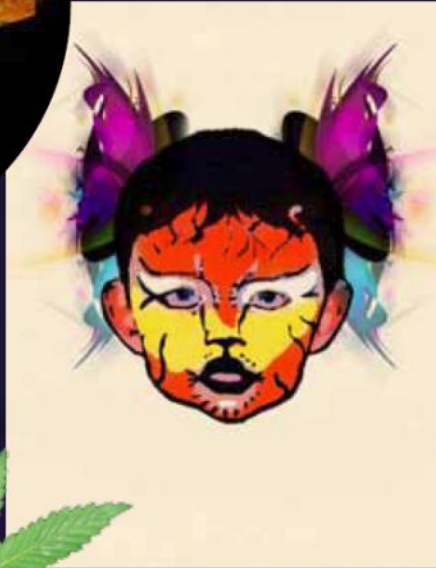
In Northern Ireland more than 1 in 10 Drug related deaths are young people.

Last year of all the people accessing help for a drug problem more than a quarter of them were under 21 years old.

Binge Drinking is a huge problem with some small area studies reporting 60% of 15-25 year olds binge drinking every weekend!



Impact of Drugs on Mental Health



oklet highlights some of the many problems that
nce misuse presents and also looks at ways we
oid these problems or get help if we need it.

“ Substance Misuse remains
of the biggest issues facing
us as young people ”

Risks & Problems

Alcohol & Drugs misuse can cause huge problems for us young people. The effects and problems vary depending on what you take, **How much you take, and where you take it!** Sometimes alcohol and drugs can give you nice feelings and seem like they don't do us much harm. But all drugs including Alcohol can do our bodies and our lives a lot of harm.



Often we take alcohol or drugs to make us feel more confident or make life seem better but often things can get worse these include:

Quotes from 10-15 year olds

- "I got caught by my parents with a bag of Grass" (Parental Problems)
- "I feel constantly tired" (Fatigue)
- "I just get so angry when I can't get any blow" (Aggression)
- "Owing out £280 isn't fun" (Debt)
- "I can't remember anything" (Memory Loss)
- "My heads totally melted" (Mental Pain)
- "I just feel like there's no point to life" (Suicide)
- "I got my leg broke" (Paramilitaries)
- "I'm not going back to them teachers" (Loss of Education)
- "Think you're a super hero" (Dangerous Behaviour)
- "I feel sad all the time" (Depression)
- "I am facing jail now" (Criminal Record)



Relationships

Just like adults, we need people around us who can help support us but substance misuse can cause huge problems with:

FAMILY, FRIENDS, BOYFRIEND, GIRLFRIEND, TEACHERS, EMPLOYERS ETC.

OFTEN **ANGER** IS A BIG FACTOR THAT CAN CAUSE RELATIONSHIP PROBLEMS CAUSED FROM USING ALCOHOL OR DRUGS

Dealing with **ANGER**

Often we get angry about lots of things in life, school, family, friends. If we take substances like Alcohol or Cannabis, then anger can become more of a problem.

So how else can we deal with anger :

- Talk to a friend/someone you can trust
- Don't bottle it up
- Listen to Music
- Go to the gym
- Get help from a parent/youthworker
- Go for a walk
- Play Xbox & PS3
- Play a Sport
- Stay Calm

Paranoia:

It's a fact that drugs like cannabis, cocaine, ecstasy, etc can cause Paranoia - A horrible feeling that leaves you frightened, lonely, depressed, confused. It is not a nice feeling at all and early signs of a possible mental health problem.

**"You feel your always being watched,
someones out to get you"**
(male 15 years)

**"You end up jumping at
our own shadows"**
(female 15 years)

what to do in an emergency

If alcohol or drugs have been taken - then look out for danger signs in yourself and your mates.

Feeling really hot, sickness, dizziness headaches, stomach pains, chest pains.

if you think you or your friends are in danger then:

- Get help from an adult you can trust.
- Ring 999 - Get an ambulance
- Tell the truth about what has been taken & how much
- Make sure the persons airways aren't blocked by vomit or their tongue
- Talk calmly to a friend if they are conscious.
- Try to keep them awake
- Wait until an ambulance arrives

Barriers To Getting Help

Sometimes we need help but things can make it difficult to get help i.e.

YOU MIGHT BE AFFECTED BY:

- Embarrassed
- Scared
- Worried Incase they don't understand
- Nobody listens or cares
- They don't know how to put it into words
- Uncomfortable
- Confused
- Heads Away
- Sad or Lonely
- Paranoid
- Paramilitaries
- Parents

If you don't talk, your problems can get worse. TALKING HELPS

GETTING HELP TAKES COURAGE - SO OVERCOME THESE BARRIERS!!
OFTEN YOU FIND IT'S NOT AS HARD AS YOU THINK!

Getting Help:

Numbers to get Help

No matter what the barriers are we can always get help if we need it and want it.

Here are some services:

LIGHTHOUSE: Tel: 028 9075 5070

LIFE LINE: Tel: 0808 808 800

Daisy Service 90 435810

Dunlewey Substance Advice Centre (Age 18+) 90 743999

FASA: 90 80 30 40

Talk To Frank: 0800 77 66 00 / TXT: 82111

LIGHTHOUSE

"A beacon of hope"

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NOTE: The pictures in this booklet are from the young people who worked on the project, they in no way represent the problems in this booklet and any similarities are purely coincidental.

Energy
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