

## Contacts

**The Annexe**, 5 Elthorne Road, Archway, London N19 4AB

Tel 020 7527 5099

Email [drugs@islington.gov.uk](mailto:drugs@islington.gov.uk)

Text "drugs" and your first name to 60777\*

\*text costs standard network rate

## Other organisations that can help you

### Local

**CASA Carers Programme** - Families, partners & friends 020 7428 5955

(FPF) 75 Fortess Road • NW5 1AD

CASA Carers Programme provides information and support for adult friend, family or partners of drug and alcohol users.

For further information go to [www.casa.org.uk](http://www.casa.org.uk)

**CASA Family Service** - 020 7561 7490

86 Durham Road • London • N7 7DU [family.service@casa.org.uk](mailto:family.service@casa.org.uk)

CASA Family Service provides support and therapy to parents or other family members and children.

For further information go to [www.casa.org.uk](http://www.casa.org.uk)

### National helplines

#### Drinkline

Tel: 0800 917 8282

24 hour free phone

#### Frank - for information and advice about drugs

Tel: 0800 77 66 00

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

[www.talktofrank.com](http://www.talktofrank.com)

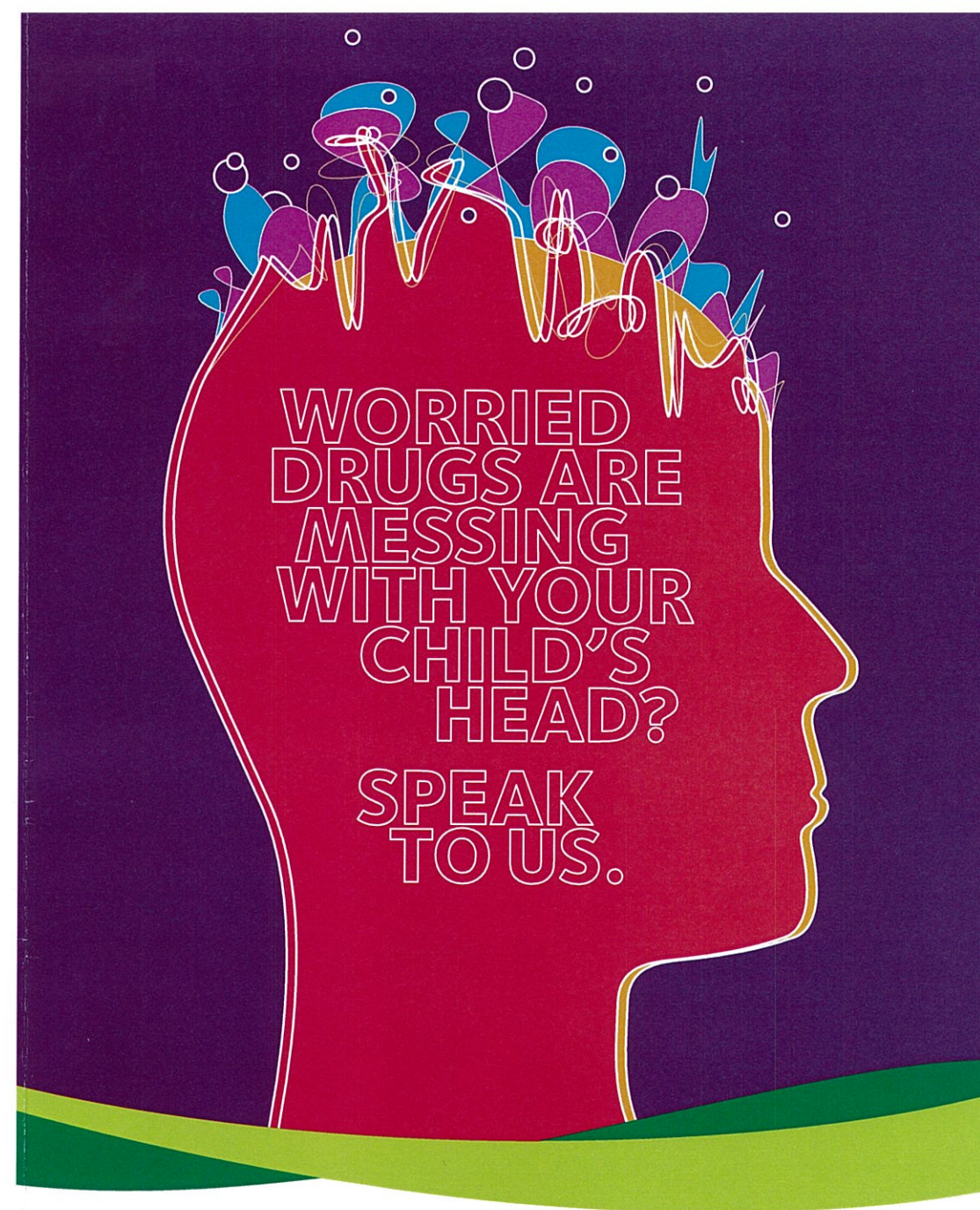
#### Parentline Plus

Parentline: 0808 800 222

Text phone: 0800 783 6783

To request this leaflet in large print, Braille, audiotape or disk format please call 020 7527 5099.

To request this leaflet in another language call 020 7527 5099.



## Who uses drugs?

Many young people smoke, drink alcohol and may try drugs. They may do it for fun, out of boredom, because they are curious, or to be like their friends. Some are experimenting with the feeling of intoxication.

## How do you know if your child is using drugs?

Occasional use can be very difficult to detect. If someone is using on a regular basis, their behaviour often changes. Look for signs such as:

- unexplained moodiness
- loss of appetite, restlessness, difficulty sleeping
- behaviour that is 'out of character'
- loss of interest in school, hobbies or friends
- change in friends
- excessive spending, unexplained loss of clothes or money
- unusual smells, silver foil, cardboard rolls

Remember, none of these are guarantees that your child is using drugs.

## What can parents do?

- pay attention to what your child is doing, including school work, friends and leisure time
- learn about the effects of alcohol and drugs (see [www.talktofrank.com](http://www.talktofrank.com))
- listen to what your child says about alcohol and drugs and talk about it with them
- encourage your child to be informed and responsible about drugs and alcohol
- talk to other parents, friends or teachers about drugs - the facts and your fears

**If they are using drugs or alcohol don't panic. Find out what, why and how often they are using, this will help you decide on the extent of the problem.**



## DO...

- make sure of your facts ([www.talktofrank.com](http://www.talktofrank.com))
- be supportive and positive, it is the behaviour not the person you are unhappy about
- take things one step at a time
- talk to someone, e.g. partner, close friend or local drug and alcohol agency
- stay calm
- don't be afraid to challenge what you feel is wrong
- know where they are and what they are up to
- agree the ground rules on parties, drinking and smoking and if they go out make sure your child has a safe way to get home

## DON'T...

- give up on them
- lecture, bully or put them down
- get into long debates or arguments when they are drunk, stoned or high
- blame them - you may lose their confidence

**Remember, it isn't your fault if they start using drugs**

## Where to get help

You can talk in confidence to staff at the Annexe, we are Islington's drug and alcohol service for young people. We can give you advice over the phone, or and we can arrange to meet and support you in dealing with the situation.

In some cases young people find it difficult to discuss their drug/alcohol

use with parents or carers. Many parents just need to know their child is talking to someone.

At the Annexe we offer:

- A confidential service
- Honest and accurate information about the effects, the risks of using drugs and alcohol and how to reduce these risks
- Face to face or phone support for parents and carers and families