

# SEEKING SUPPORT



## WHAT'S GOING ON?

There are lots of reasons why someone might take drugs or drink (too much) alcohol, from curiosity, to peer pressure and thinking it is what you do in a particular context (such as at a party), to regarding it as a coping strategy.

If someone is struggling – perhaps you are concerned about a friend – it is good to have some things you can suggest they do in order to seek help and support for the issues they are facing.

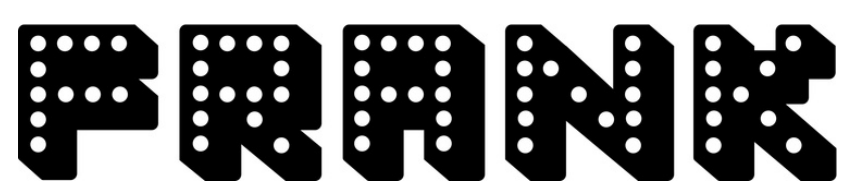
## HEALTHIER COPING STRATEGIES

- Talk to a trusted adult: This could be a parent or other caregiver, or it may be a member of staff at school or at an activity that is done elsewhere. All adults in the lives of young people have a duty of care, and it is very hard to not help someone who has asked for it.
- Other places to turn to for a young person who can't think of anyone in their life that they feel able to talk to include charities such as Childline (<https://www.childline.org.uk/>) and Shout (<https://giveusashout.org/>).
- For urgent mental health advice, NHS 111 is available (<https://111.nhs.uk/> and <https://www.nhs24.scot/111/>), and organisations offering confidential support for anyone struggling with suicidal thoughts include Papyrus (<https://www.papyrus-uk.org/>) and CALM (<https://www.thecalmzone.net/get-support>)
- Listening services such as the Samaritans can also be helpful, but don't offer advice or interventions (<https://www.samaritans.org/>).
- There are also sources of information such as the charities Young Minds (<https://www.youngminds.org.uk/>), Mind (<https://www.mind.org.uk/for-young-people/>), Student Minds (<https://www.studentminds.org.uk/>) and the NHS's Every Mind Matters (<https://www.nhs.uk/every-mind-matters/>).
- Services specifically for young people who are struggling operate both nationally and locally – schools and community organisations should know the details, but they can also be located through Hub of Hope (<https://hubofhope.co.uk/>). We Are With You is another good place to be aware of (<https://www.wearewithyou.org.uk/>).

## IF YOU ARE CONCERNED ABOUT A FRIEND...

...you are a good friend to them, and they are lucky to have you. Make sure you look after yourself too, as supporting others can be emotionally difficult. Lots of the organisations and links given above have resources and channels for those looking after family and/or friends, but if you are particularly impacted by someone's drug (including alcohol) use, please seek out charities that specialise in this area, such as Adfam (<https://adfam.org.uk/for-families/>), Addiction Family Support (<https://addictionfamilysupport.org.uk/>) and Scottish Families Affected by Alcohol and Drugs (<https://www.sfad.org.uk/>).

For more information, go to:



<https://www.talktofrank.com/get-help/concerned-about-a-friend>



**DSM** foundation  
The drug education charity  
[www.dsmfoundation.org.uk](http://www.dsmfoundation.org.uk)

— The —  
**Wellbeing  
Hub**  
— from Teen Tips —



[www.teentips.co.uk](http://www.teentips.co.uk)