

Why do people take drugs?

People take drugs for lots of reasons, sometimes to have fun with friends, relax or to escape from any problems that are happening in their lives.

People may be depressed, anxious or insecure and use drugs to forget about their feelings.

If you feel like you don't fit in with your group of friends you may take drugs to fit in with them.

What are the most common drugs

- Cannabis
- Cocaine
- Heroin
- Ketamine
- House hold items such as gases, glue and aerosols
- Legal highs
- Alcohol and cigarettes



I am concerned my friend is taking drugs

Talking to your friend about drugs may be difficult but if your friend has a problem you can help by doing the following:

- When you are both not on drugs or alcohol
- Somewhere private
- May need to talk about it more than once
- Don't speak to your friend in a judgemental way
- Always listen and allow your friend to talk



The effects of drugs

Taking drugs can make people feel:

- Tired
- Always getting colds
- Mental health problems
- School/college attendance can become a problem
- Self harm
- Become vulnerable
- Owing people money
- Overdose



Telephone 0300 123 6600

**Don't be pressured
into taking drugs!!**