

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Substance misuse

People take drugs or drink alcohol:

- to fit in with people
- to see what the ‘high’ feels like
- peer pressure from others
- seeing parents or older people doing it
- a way of avoiding or blocking out problems in life
- to give more confidence or to seem more outgoing

It is **natural** to want to experiment and try things, but it is also important to **know the risks** that go along with them and **where to get help** if you need it.

It’s very important to know that after the highs have gone, the lows can lead to:

- Anxiety
- Paranoia
- Feeling like you want to get that buzz or high feeling again
- Mood swings
- Disinterest and feeling like you ‘can’t be bothered’
- Depressive thought or ‘come downs’

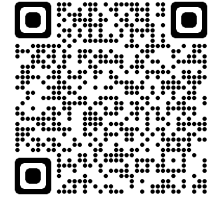
### If you are struggling:

- Looking after yourself is important. Use the **resources** to read up on substances and the different effects they can have on you.
- If you’re struggling, **talk** to a friend or family member that you trust, an Eye to Eye counsellor, or one of the specialist agencies in the resources list.
- If you feel you are being peer-pressured into doing something you don’t want to do, then understand that **it is okay to say no**. You don’t owe anybody an explanation.

### Worried about someone else?

You might want counselling to talk about how **somebody else’s** drug or alcohol usage is affecting you, such as a friend, parent, or other family member.

Again, talking to an Eye to Eye counsellor can really help, or reach out to one of the agencies listed in ‘helpful resources’. You cannot control what somebody else is doing, but you **can** look after your **own** mental health to address anxiety or worries.



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**Young Minds: Parent Line**

0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk) (online chat)

**DAN 24/6**

0808 808 2234

Text DAN to 81066

[www.dan247.org.uk](http://www.dan247.org.uk)

**Nacoa**

0800 358 3456

[www.nacoa.org.uk](http://www.nacoa.org.uk)

### Helpful Resources

[Barod: Ways to help yourself and others](#)

[Young Minds: Drugs and Alcohol](#)

[Nacoa: Research and Resources](#)



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