

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Substance misuse: Parents and Carers

There are many reasons why young people might take drugs or drink alcohol. It might be:

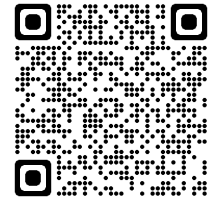
- to fit in with people
- to see what the ‘high’ feels like
- peer pressure from others
- seeing parents or older people doing it
- a way of avoiding or blocking out problems in life
- to give more confidence or to seem more outgoing

Whatever the reason, after the **highs** have gone down, the can lead to:

- Anxiety
- Paranoia
- Dependency
- Mood swings
- Disinterest and feeling lethargic
- Depressive thought or ‘come downs’

Worried about a young person?

- Use the resources to read up on different drugs and trends- it can be difficult to keep up with what’s accessible to young people so having **an awareness** is good
- Keep in mind that it is **natural** for young people to want to **experiment and push boundaries**, just as it is natural for you to **worry** about the risks to them
- Don’t make substance usage a ‘taboo subject’- foster **open conversations** where young people can **feel safe** to open up to you
- **Encourage them** that they can come to you if they ever need help or advice
- Look out for possible **signs** such as: hidden drug paraphernalia, unexplained moodiness, out of character behaviour, losing interest in hobbies, hanging out with new or older friendship groups etc
- Use the Young Minds link in resources for tips on how to **open up a conversation** about their mental health- this can be useful if you think they’re taking substances to deal with problems in their life
- Don’t confront them angrily as this will lead to conflict- set boundaries and have conversations attentively and **calmly**



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Young Minds: Parent Line

0808 802 5544

www.youngminds.org.uk (online chat)

DAN 24/6

0808 808 2234

Text DAN to 81066

www.dan247.org.uk

Nacoa

0800 358 3456

www.nacoa.org.uk

Helpful Resources

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

[Young Minds: Parents guide, Drugs and Alcohol](#)

[Young Minds: How to talk to your child about mental health](#)



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