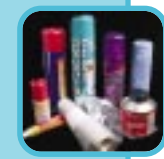


know the score... on Drugs and Alcohol



ALCOHOL



Alcohol quickly enters your bloodstream and alters your body's chemistry both physically and mentally. It can make you feel more confident and as a result this can make you more likely to take risks you wouldn't normally take. Excessive alcohol consumption can also cause a variety of physical and mental problems, in both the short and long term.

PHYSICAL PROBLEMS CAUSED BY ALCOHOL

- Problems with your liver, brain, heart, nervous and circulatory systems

FACTS ABOUT ALCOHOL

- Alcohol is the most commonly used drug by young people
- Different brands of alcoholic drink may have different strengths
- Mixing alcohol with other drugs is very dangerous
- Alco pops are stronger than beer
- Too much alcohol in one session can harm you
- The same amount of alcohol will affect a young woman more than a young man
- Consumption of alcohol lowers inhibitions and may lead to poor levels of work, sexual activity and unwanted pregnancy



IMPACT OF ALCOHOL ON SOCIETY

- Violent crime (murder / rape)
- Assault / fights
- Drunk and disorderly
- Criminal damage

DRINKS – Adult

Recommended maximum levels for a week – 21 units (men), 14 units (women). It is not recommended to drink more than 4 units a day for an adult man and 3 units a day for an adult woman or health will be impacted. Binge drinking is considered as over 8 units per session for an adult man and 6 units or over for adult women.

ALCOHOL	ALC / VOL.	UNITS
Standard Beer/Lager	4%	2.3
Premium Beer/Lager Pint	5%	2.8
Small bottle of Wine (187.5mls)	12%	2.3
Bottle of Wine (750mls)	12%	9.0
Alcopop (275mls)	5%	1.4
Whisky/Brandy	40%	1.4
Vodka/Gin/Rum	37.5%	1.3
Cider (275mls)	8.5%	2.3

THE LAW ON ALCOHOL

- It is illegal to buy alcohol for those under 18
- The police can inform parents/guardians of any young person caught buying alcohol
- The police will confiscate alcohol from anyone under the age of 18 found drinking in public
- If you refuse to give the police your name and address, you risk being arrested and fined
- It is an offence for anyone to be drunk and disorderly in a public place
- It is criminal offence to drive, attempt to drive or being in charge of a vehicle if you don't have control due to alcohol/drugs

DRUGS



Depressants – Slow down the brain and body systems.
Hallucinogens – Can alter the way a person sees things.
Stimulants – Speed up or stimulate the brain and/or body systems.
Opiates – Slow speech, reflexes and reduce pain.

Cannabis Class C. The most common illegal drug in Northern Ireland. It is smoked and can make users feel intoxicated, anxious, relaxed, talkative and in some cases ill. Cannabis use can affect short-term memory and lead to respiratory illnesses, such as bronchitis and lung cancer. Effects can last up to several hours.

Ecstasy Class A. Causes the body's system to speed up and can make the user feel stimulated, relaxed, anxious and hot and can cause overheating leading to strain on the heart, liver and kidneys. After effects include fatigue, muscle pain and depression. A number of deaths have been associated with Ecstasy use. Effects can last several hours.

Solvents Similar effects to alcohol. 1 in 4 people who die sniffing solvents are first time users. Long term use can cause damage to the liver, kidneys, lungs and nervous system. Effects last 15 - 45 minutes.

LSD Class A. and Magic Mushrooms Usually take the form of small squares of blotting paper with images printed on them. Both drugs have similar effects, with heightened perceptions and hallucinations which vary from being very enjoyable to extremely harrowing. Can lead to depression, anxiety and even mental illness. Effects last up to 12 hours.

Poppers Class B. Usually sold in small bottles and inhaled giving the user a rush of energy. They act on the heart. Can cause headaches, dizziness, nausea and if swallowed, death. Effects last for about 5 minutes.

Cocaine and Crack Class A. Cocaine is usually sniffed, Crack is smoked. Increases the heart rate and blood pressure making the user feel confident and alert. Other effects include exhaustion, anxiety, depression and paranoia. Health risks include chest pain, damage to the nasal passages, heart and lungs and even severe mental illness. Effects of Cocaine and Crack last about 30 minutes.

THE LAW ON DRUGS

- Class A.** Maximum 7 year prison sentence for possession and/or fine
- Class B.** Maximum 5 year prison sentence and/or fine
- Class C.** Maximum 5 year prison sentence and/or fine
- Trafficking/Production** for any drug is a maximum of life imprisonment and/or unlimited fine

Speed Class B. Similar properties to Cocaine. Speed makes your appetite disappear and increases energy. After use users usually feel tired, anxious, hungry and depressed. Mixed with anti-depressants, Speed can kill. Effects can last several hours.

Heroin Class A. A powdered drug which is usually heated and then injected into the bloodstream. Users feel relaxed and sleepy. Physically very addictive, risks include blood infections, HIV, serious illness and even death. Effects last from 2 – 3 hours.

8-10 Units
 (4) Pints / (4) 500ml Can of Beer /
 (4) Glasses of wine /
 125ml Bottle of Spirits

6-8 Units
 (3) Pints / (3) 500ml Can of Beer /
 (3) Glasses of wine /
 (3) 35ml of Spirits

4-6 Units
 (2) Pints / (2) 500ml Can of Beer /
 (2) Glasses of wine /
 (2) 35ml of Spirits

2-4 Units
 Pint / 500ml Can of Beer /
 Large Glass of wine /
 35ml of Spirits

1-2 Units
 Half Pint / 350ml Can of Beer /
 Glass of wine /
 25ml of Spirits

Written and produced by Limavady District Policing Partnership as part of its commitment to the people of Limavady to make it a safer place to live, work and drive through, and also as a means to encourage the public to prevent crime by tackling the drug issue (both legal and illegal) together.

Using drugs/alcohol can lead to a person becoming dependent on using them.

Physical dependence means that a person wants to keep taking a drug to avoid how they might feel if it was taken away from them.

Psychological dependence means that a person wants to continue taking a drug because it usually helps them block out reality, feel pleasure or feel they can cope with life. Usually this leads to regular or continuous use of the drug so that taking it becomes a habit.

If you or a family member/friend has any of the above symptoms, HELP should be sought. These organisations all offer HELP or can point you in the right direction.

COUNSELLING AND TREATMENT FOCUS

C.H.I.L.L.

Are drugs or alcohol affecting your life or those around you? Counselling, Help, Information on Lifestyle and Living for Young People aged 8 – 17 years. Accept self referral and referrals from agencies. Clinics in Limavady.
t: 028 7137 1162

COMMUNITY ADDICTION TEAM (ALCOHOL & DRUG SERVICE)

Offers help and support as well as treatment, advice/education and counselling. Self referral can be made to New Youth Project for Drugs, Drug Arrest Referral Team and Community Drug Therapist. Accept referrals from G.P., Social Services and Probation. Clinics in Dungiven and Limavady.
t: 028 7186 5237 or 028 7186 5239

HURT 'Have UR Tomorrows'

A support centre for drug and alcohol users and their families for counselling and treatment. Accept people on a drop-in basis, through self-referral and referrals from agencies.
t: 028 7136 9696

L.A.T.C.H.

"Listening And Talking Can Help" was established in response to the suicide rates among young people. Provides counselling and family support services to young people at risk and in need. Promotes positive mental health by delivering life skills and mentoring programmes in schools. Dungiven based.
t: 028 7774 2644

NORTHLANDS TREATMENT CENTRE

Residential treatment centre for alcohol or drug misuse. Provide assessments for individuals, family members and other concerned persons as well as 1-1 counselling. Provides telephone support and a listening ear service from 9 a.m. to 10 p.m. 7 days a week.

Accept self-referral and referrals from agencies and families.
t: 028 7131 3232

NORTH-WEST COUNSELLING

Offers counselling supervision, group workshops, facilitation, mediation, hypnotherapy and meditation for all ages and conduct counselling and education in schools. Accept self referral and referrals from agencies. Greysteel based.
t: 028 7181 3587

ROEGUARD COMMUNITY SAFETY PARTNERSHIP

Provides youth mentoring, a listening ear service and drug and alcohol awareness training. Limavady based.
t: 028 7776 9160

SAMARITANS

Available 24 hours a day to talk to people who are experiencing feelings of distress, despair or are suicidal. Provides a confidential, without prejudice opportunity to explore difficult feelings and can assist with alleviating despair and suicidal feelings.
e: jo@samaritans.org
w: www.samaritans.org
t: 08457 90 90 90

ZEST

Zest offers individual counselling, group and family support, listening ear/telephone support service and alternative therapies to those experiencing harmful and destructive behaviour.
t: 028 7126 6999



CRIME REDUCTION FOCUS

THE YOUTH JUSTICE AGENCY

Aims to reduce youth crime.
w: www.youthjusticeagencyni.gov.uk
t: 028 7136 5593

PSNI

w: www.psni.police.uk
t: 0845 600 8000

CRIMESTOPPERS

w: www.crimestoppers-uk.org
t: 0800 555 111

OTHER RELEVANT ORGANISATIONS

ALCOHOLICS ANONYMOUS

Self help organisation for people dependent on alcohol.
www.alcoholics-anonymous.org.uk
t: 028 9043 4848

AL-ANON

Self help support organisation for families and friends of people with alcohol problems.
t: 028 9068 2368

ALATEEN

Part of Al-Anon, for young people, aged 12 – 20, who are affected by a problem drinker.
t: 028 9068 2368

BALLYMENA FAMILY ADDICTS SUPPORT GROUP

Provide treatment services for substance abuse, family support meetings, counselling, advice, literature, information, and referral education and training sessions to schools. Accept self referral and referrals from agencies.
t: 028 2563 2726

PARENTS ADVICE CENTRE

Help line workers provide support and guidance to young people and parents of children of any age. Free 24 hour confidential service.
t: Freephone 0808 801 0722

HEALTH PROMOTION AGENCY

For general drugs and alcohol advice and help finding services.
w: www.drugsalcohol.info
t: 028 9031 1611/028 7186 5127

BUZZ, VERBAL ARTS

Provide drug and alcohol 'community-based' education in schools.
t: 028 7126 6946

HOPE NORTH WEST

Promoting drug free lifestyles, preventing drug related harm through the promotion of drug and alcohol education in schools.
t: 028 7134 5433

RE-SOLV

Dedicated to the prevention of solvent and volatile substance abuse through "preventative educational information". Provide telephone helpline, information service, talks to professionals, parents, retailers and provision of resources. Also involved in education through schools and parent support services.
w: www.re-solv.org/helpline.asp
t: 0808 800 2345

STAUROS FOUNDATION

Seeks to minister to people addicted to alcohol and other drugs and support families through a Christian approach.
t: 028 7776 2617

TALK TO FRANK

General drugs advice and help finding drug and alcohol services, on-line directory of services.
e: frank@talktofrank.com
w: www.talktofrank.com
t: 0800 776 600

URZONE

Web based resource which includes advice zone and law zone on young peoples issues.
w: www.urzone.com

WESTERN DRUG AND ALCOHOL CO-ORDINATION TEAM

A multi agency team who strategically plan and co-ordinate drug and alcohol services.
t: 028 8225 39 50

EDUCATION RESOURCES

FIX-IT!

A peer led, community based drug education programme in partnership with Western Education and Library Board and the Playhouse, Derry. Works through youth clubs.
t: 028 7776 0930

JASON BROLLY FAMILY

Tina Brolly will talk with groups on recognizing the signs and symptoms of drug use and the effect her brother's death by ecstasy overdose had on her family.
t: 028 7775 0010

