

ARE YOU AFFECTED
BY SOMEONE ELSE'S
DRUG OR ALCOHOL USE

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THE
MATTHEW
PROJECT

unity

no compromise on hope

HOW COULD SOMEONE ELSE'S DRINK OR DRUG USE AFFECT ME?

Lots of young people know a friend or family member who uses drugs or alcohol. Sometimes this can cause problems and make life difficult.

Statistics show that more than 1 in 20 young people in the UK live with a dependent drinker, and nearly 1 in 10 children under sixteen live with a parent who uses illicit drugs.






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HOW YOU CAN BE AFFECTED

- **Afraid:** Fear the person using drugs or alcohol might have an accident, get arrested or even die. Some people have mood swings.
- **Feeling embarrassed:** People who use drink or drugs might do or say strange things, meaning you don't invite friends round, leaving you feeling alone.
- **Feeling responsible or guilty:** Some young people feel they are responsible for someone else's drug or alcohol use. They think it is their job to try and stop the person.
- **Being neglected or abused:** Some young people are not protected from sexual, physical, emotional abuse or neglect. If this is happening to you, tell an adult you trust.

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WHY DO PEOPLE USE DRUGS & ALCOHOL?

-  To cover up physical or emotional pain
-  They are bored or lonely
-  To try and avoid problems
-  For fun and relaxation
-  They are addicted and don't feel able to stop

Remember it is not your fault that someone you care about uses drugs and alcohol. You can't make them stop.

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WHAT CAN I DO?

-  **Find someone to talk to** - contact us or speak to someone you can trust
-  **Express your feelings and learn to relax** - keeping feelings bottled up can make you stressed. Find things you enjoy doing
-  **Get informed** - contact us for accurate information and one to one support about drugs and alcohol
-  **Keep yourself safe** - if you are worried about your safety always tell someone you trust and ask them to help you
-  **Stay positive** - we are here to support you

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YOUNG PEOPLE AFFECTED BY PARENTAL SUBSTANCE MISUSE SAID:

MY MATTHEW PROJECT WORKER WAS GREAT AND HELPED ME TALK ABOUT MY FEELINGS AND SUPPORT ME WITH OTHER THINGS GOING ON IN MY LIFE LIKE SCHOOL. MY LIFE WOULD NOT HAVE IMPROVED AS MUCH AS IT HAS WITHOUT THE HELP AND SUPPORT OF THE MATTHEW PROJECT. **FRANK**

HAVING A MATTHEW PROJECT WORKER HELPED ME TALK ABOUT MY WISHES AND FEELINGS. HELPING ME REALISE THAT MY MUM'S DRINKING IS NOT MY FAULT AND IT'S OK TO THINK ABOUT MYSELF AND PUT ME FIRST AND WHAT I WANT FROM MY FUTURE. **POLLY**

YOUR SAFETY

- If you are worried about your safety or the safety of someone else in your family, tell an adult you trust or call a helpline for advice.
- You do not have to accept violent or abusive behaviour. You have a right to feel safe and adults have a responsibility to protect you.
- Avoid getting into a car if the driver has been drinking or using drugs.
- If people inject drugs in your house be careful of the needles and equipment they use, do not touch anything. Ask them to dispose of needles correctly in a sharps bin. If you prick yourself, squeeze the area around the injury so the blood flows, do not suck or lick the wound; run the area under cold flowing water. Always seek medical advice.

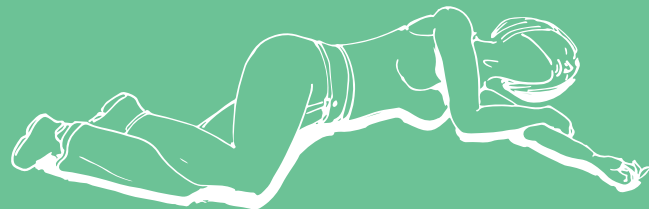
In an emergency call 999 and ask for the police.

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IN AN EMERGENCY

If you are worried that someone is not well because of drugs or alcohol, or you think they may have taken an overdose, call 999 and ask for an ambulance. Tell the paramedics what has happened.

If the person is unconscious put them on their side or in the recovery position as shown below and call 999.



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CONTACT US

24 HOUR ADVICE LINE: **0800 970 4866**
OR **01603 216420**

UNITY@MATTHEWPROJECT.ORG

TEXT: 07797 800 966 (RESPONSES IN OFFICE HOURS:
MONDAY TO FRIDAY, 9.00AM TO 4.30PM)

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MORE

Norfolk Carers Support

01603 219924 www.norfolkcarerssupport.org

NRP (Adult drug and alcohol support in Norfolk)

0300 7900 227 www.norfolkrecoverypartnership.org.uk

FRANK

0300 123 6600 www.talktofrank.com

Childline

0800 1111 www.childline.org.uk

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Matthew Project Unity

Gateway: Unit 8, 83-87 Pottergate, Norwich, NR2 1DZ

Advice line: 0800 970 4866 **Unity Office:** 01603 216420

Email: unity@matthewproject.org **Web:** www.matthewproject.org

Reg. Charity No: 1122801 Ltd Company No: 6388343

Unity is supported by the Norfolk Drug & Alcohol Partnership



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N-DAP

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