

CYPDAS NEWSLETTER 15.05.20

Compass CYPDAS will now be sharing a newsletter every two weeks, providing service updates, contact details, and a feature piece on different substances to raise awareness amongst children and young people.

About us

We provide support for Warwickshire children and young people under 25 who are vulnerable to substance use or have been affected by another's substance use. The service is free and confidential.

ADAPTED SERVICES DURING COVID-19

We continue to support our children and young people, using different forms of media to keep in regular contact. We are still accepting new referrals through the usual means. We would like to thank everybody for their co-operation during this time.

ACTIVITIES TO KEEP THE BOREDOM AT BAY

1. Try yoga or meditation as a way of tapping into your wellbeing
2. Try an online quiz with friends over zoom or Microsoft teams
3. Try something new - Read a new book or listen to new music 😊

If you are worried about a friend, family member or yourself and are after some more information, please get in touch:

Service mainline: 01788 578 227

Text ChatHealth: 07507 331 525 (for ages 11-19)

Email: compass.warksyps duty@nhs.net

Instagram: @compasswarksyp

QUICK TIPS: STAYING SAFE

Do not drink and drive, read the label on any prescription/over the counter drugs to make yourself aware of the risks and always call 999 in an emergency!

TOPIC 3: MEDICATION OVER THE COUNTER/PRESCRIBED

These are drugs that are either prescribed by your GP, or purchased over the counter from a pharmacy. Many people do not realise that you can become dependent on these drugs and can easily overdose on them. Some will contain opiate's (e.g. Codeine) which have the same active ingredient as heroin.

THE EFFECTS

There can be a range of effects from these medications. The good thing is that these drugs will come with an information leaflet. This will tell you about possible risks, ingredients and effects. They may provide warnings such as "May make you drowsy, do not drive or operate heavy machinery" Other effects can include anxiety and paranoia.

THE RISKS

You can become psychologically and/or physically dependent on medications. The higher risk medications include Opiate's and Benzodiazepine's. These medications can be physically addictive if you take for 3 day's or more. As mentioned above, always read the label and/or the leaflet inside your medication's container.

THE LAW

Anyone can possess over the counter medications. However this is not the case with prescription drugs. You can be charged with a criminal offense if you are found in possession of a prescribed drug that is not in your name. For this reason it's important to keep these medications in their original container and do not remove label