

Wirral Schools Drugs Information Letter

(Informing parents / carers of the associated risks to young people)

Calday Grange Grammar School would like to issue the following statement:

We would like to raise awareness of potential risk-taking behaviours young people may be involved with and highlight drug-related issues within our local communities.

Through our work in partnership with the Merseyside Police and other Wirral school services it has become apparent that there is an increased availability of low cost, high-strength Ecstasy both in pill and powder forms. (Its chemical name is MDMA also known locally as E, Tablets, Pills, or Magic) Prescribed Pills (over the counter powerful, depressant medication) i.e. tranquilisers such as Diazepam and Xanax are also emerging drug trends with increased availability and are both high strength and low cost. Xanax in particular is very powerful; 20 times stronger than diazepam and has a quicker, shorter-acting effect. Symptoms present as feeling very tired and sleepy.

Alcohol alone can be extremely dangerous, however mixing alcohol with other substances can potentially increase the risk of overdose which can, in turn, cause heart and breathing problems leading to the individual being admitted to hospital and can even result in death.

Nitrous Oxide is a colourless gas that is inhaled via a balloon, commonly found in pressurized metal gas canisters. You may have seen these metal canisters lying around in streets local to you. Amongst young people, Nitrous oxide is often referred to as Balloons,

Laughing Gas or Hippe Crack. Inhaling nitrous oxide can be very dangerous. The effects can cause dizziness, which may make the individual act carelessly or increase the risk to them becoming unconscious and/or suffocating from lack of oxygen.

Whilst we believe that our students are sensible and have an excellent knowledge and understanding of the risks and dangers associated with substance misuse, it is important to acknowledge that some young people may face greater risks during the holiday period and are, therefore, vulnerable.

FIND OUT MORE FACTS - Visit talktofrank.com for accurate, up-to-date information about different types of drugs / signs and symptoms or call 0300 123 6600.

Medical Advice:

- If your child presents as under the influence of a substance, including alcohol, and you have concerns please do hesitate to seek expert medical advice and call England NHS helpline on 111.

- If your child is unresponsive or presents as a risk to themselves call emergency services on 999 immediately.

If you are worried about your child

- Talk to them - In general, most young people, especially those under 16, trust their parents / carers and will respond to any information and support you offer.
- Make the time to have the conversation.
- It is important to stay calm and open-minded.
- If you are sure there is a problem and your child refuses to talk to you, try not to panic.

Where to go for help

- Response - Drug & Alcohol Service / Response Counselling Service (Additional Youth Support, Wirral Borough Council)

This agency offers advice; guidance and support to young people aged 13 - 19. Please call 0151 666 – 4123 or email response@wirral.gov.uk

- CAMHS helpline - The Child and Adolescent Mental Health Service (CAMHS) has launched an extended out-of-hours advice line for people living in the Cheshire and Wirral area.

The advice line is open to everyone (children, young people, relatives, teachers, other professionals) and allows people to talk to a mental health professional if they are concerned or would like advice about a child or young people's mental health.

The advice line runs from 9-10pm (Monday to Friday) and 12-8pm (Saturday and Sunday).

Advice line number is 0151 488 8453

- GP – Seek advice from your local doctor.
- Adfam is the national charity working to improve life for families affected by drugs and alcohol. Please visit adfam.org.uk