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

0800 970 4866
MATTHEWPROJECT.ORG
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.

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.
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.

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.  

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.  

FRANK  
POLLY
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.

In an emergency call 999 and ask for the police.

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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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