

### LET'S CHAT ABOUT DRUGS AND ALCOHOL:

IN THE LAST 6 MONTHS HAVE YOU...?		Regularly	Occasionally	Never	What do you use?
1	Smoked/Vaped anything which isn't tobacco?	10	5	0	
2	Sniffed/Snorted any powders?	10	5	0	
3	Swallowed any pills/pellets/powders that's not medication?	10	5	0	
4	Drunk alcohol or any liquid that gets you high?	10	5	0	
5	Injected anything that's not prescribed for you?	If Yes, see below*			
6	Inhaled any gas/glues/aerosols/substances?	If Yes, see below*			

**\*If you answered YES to either of these questions;**

Injected anything that's not prescribed for you? Or Inhaled any gas/glues/aerosols/substances?

Then we recommend speaking to a member of our team for more information, advice and support. There are more risks involved in this type of substance use and we can provide specialist support in this area.

IN THE LAST 12 MONTHS HAVE YOU...?		Regularly	Occasionally	Never
1	Used more than one drug at a time (including alcohol)?	10	5	0
2	Used drugs and/or alcohol when you've been by yourself?	10	5	0
3	Spent more on drugs and/or alcohol than you could afford?	10	5	0
4	Got so drunk/high that you don't remember everything that you've done?	10	5	0
5	Regretted something you've done when you've been using drugs and/or alcohol? (E.g. an argument, decision or sexual experience)	10	5	0
6	Realised your friends and/or family are worried about your drug and/or alcohol use?	10	5	0
7	Worried about your own drug and/or alcohol use?	10	5	0
8	Used drugs and/or alcohol because you felt unhappy, or because it helped you to cope/feel better?	10	5	0
9	Ever felt like you couldn't stop/cut down using drugs and/or alcohol, even if you wanted to?	10	5	0
10	Recognised your drug and/or alcohol use has caused you problems in your everyday life? (e.g. education, work, police, relationships)	10	5	0

## LET'S CHAT ABOUT YOUR RESULTS:

IF YOU  
SCORED  
**5-20**

This score suggests you are experimenting with drugs and alcohol. Are you making an informed choice by understanding the risks, effects, and possible consequences? Keeping your knowledge up to date can help you stay safe. Give your local service a call on the number provided below- you can expect a free, confidential and young person friendly approach. We are here to help and support you. You can also look at our website where you can get some more information about service support ([www.changegrowlive.org](http://www.changegrowlive.org))

IF YOU  
SCORED  
**20+**

We'd like to talk to you to find out a little bit more about what's happening for you at the moment as you may be at increased risk of harm around your drug and alcohol use. As a service we specialise in this type of support and will work with you to decide how we could help you. We offer a free and confidential voluntary service for young people, there is no obligation to commit to anything unless you want to. Just give us a call on the number below and we can help explore how we can help.

## HARM REDUCTION ADVICE

**If you are using any drugs, you can't always be sure what you're taking which can cause you problems – this can sometimes make using unpredictable, scary and risky. Getting educated on the facts can really help keep you safer.**

- Mixing drugs and/or alcohol can be dangerous and you may be at increased risk: finding out more about how drugs interact with each other can be really useful. You can do this by phoning us on the number below for a confidential and informal chat. Alternatively take a look at [www.drugwise.org.uk](http://www.drugwise.org.uk)
- Using drugs and/or alcohol when you are by yourself can be dangerous and puts you more at risk. If you do choose to use, have a friend with you who has not used drugs and alcohol. Tell them what you have taken, this information can be vital if things go wrong and medical attention is needed.
- Using drugs and/or alcohol when you are unhappy may seem helpful but can actually make the situation worse. It's always better to talk to someone if you feel you need to. Contact us on the number below.
- Injecting any drugs can increase the risk of overdose and can put you at risk of viruses and infections like HIV and hepatitis. If you are injecting, it's important you get advice on how to be safer. Contact us on the number below, we'd like to talk to you about this to help keep you safe.
- If your drug and/or alcohol use is having a negative effect on any aspect of your life (school, home, money, friends etc.), we can help. See below for our contact details.

**If more support is wanted or a further chat with someone about the outcome of this screening tool is required, please give your local young person's drug and alcohol service a call on:**

## OTHER WAYS TO CONTACT US: