



drugs

what every  
**parent** should know  
information, advice and help available locally

Produced by **NHS Grampian** on behalf of the  
Drug & Alcohol Action Teams in Aberdeen, Aberdeenshire & Moray

# Facts

- Most young people will be exposed to drugs in some form at some time.
- Some do experiment, but most don't become regular drug users.
- For the few young people who do develop serious problems, help and support is at hand for them and their parents.
- There is much that parents can do to help and support their children to cope with the challenges of growing up in today's world.


# Effects

- All drugs (including alcohol and tobacco) affect the body.
- Different drugs affect the body in different ways.
- Drugs affect different people in different ways and can be unpredictable.
- Prescribed drugs can also be dangerous if not taken properly, and are especially risky if mixed with illegal drugs or alcohol.

# What can parents do?

- Talk, listen, and build up trust.
- Wait for a good time, avoid confrontations and preaching.
- Find out more about drugs, their effects, the law and what you can do.
- Know what the possible signs are that your child is using drugs.
- Try not to panic.
- Know how, and where, you can get help and support.
- Know what to do in an emergency.

*The contact details on the back of this leaflet will help you do all this.*



**If your child seems seriously ill  
or is very drowsy or unconscious,  
call 999 at once for an ambulance**

## Contacts

To find out more about drugs and young people, and help and support which is available locally:

- Call the free Grampian Healthline **0500 20 20 30**
- Visit a local healthpoint at 181 Union Street, Aberdeen, or 239 High Street, Elgin
- Ask your GP or other health staff at your local GP practice or health centre

### Or contact

- Drugs Action on **01224 594700**
- Moray Council on Addictions on **01343 552211**
- Community Substance Misuse Service, Aberdeenshire Council on **01346 516800**

Or call the national Know the Score information line

**0800 587 5879**

[www.knowthescore.info](http://www.knowthescore.info)

*The Scottish Executive has produced a fuller leaflet*

*Drugs: what every parent should know which is available free by contacting the Healthline number above.*

