

Staying safe for young people

- If in **any** doubt about what you are taking or drinking - don't do it! (Listen to your gut feeling).
- If you or your friends feel unwell - **stop!** Call 999 (You won't get in trouble).
- Don't use or drink alone.
- Don't mix substances as this will increase risk of overdose which could be fatal
- If you feel under pressure: talk to someone about it, whether this be a family member, friend, teacher or a support service.
- Get as much information as you can - use trusted websites such as FRANK, Drugscope and Know The Score.
- If you feel that your substance use is becoming problematic or making you unhappy then call YZUP.



**we are
withyou**



A Guide for Parents / Carers & Professionals





Who we are

YZUP is a confidential and professional drug and alcohol service for young people aged 11 to 18 in Cornwall and the Isles of Scilly.

We offer support, advice and interventions to help young people stay safe and manage themselves around drugs and alcohol.

We not only offer support to young people directly involved in using substances, but we can also offer parental support and support for young people affected by a family member's substance misuse.

How to access support

If your child or a young person that you are working with needs to access support from YZUP then you can call us and we can take a referral over the phone.

You will need the consent from the young person to make a referral. If the young person is not consenting but you still feel they need a service please contact YZUP to discuss further.

Once we have the details we will arrange to meet with the young person at a time and location that suits them and we can complete a short assessment. Together we will create a plan to help them address their needs in a realistic time frame.

Advice for you

If you are worried about a young person who is misusing substances then here are some tips on supporting them:

1. **Don't panic**
2. **Take a non-judgemental approach**
3. **Good communication**
4. **Listen**
5. **Scare tactics may worsen the situation**
6. **Get the facts**
6. **Encourage them to seek help**
7. **Contact YZUP for advice**
8. **Make referral if the young person is ready**
9. **Continue to support throughout**



We would appreciate your feedback on our service to support service development, so please complete our survey at <https://www.surveymonkey.co.uk/r/KRG8GH7>

YZUP can offer you professional support every weekday from 9am until 5pm

01872 300816

Call our confidential helpline to talk to a worker