








Alcohol & Substance Abuse

Subcategory	Resource links	Image	Age rating
'Honest info about drugs'	https://www.talktofrank.com/		Students
Talking about drugs and alcohol	https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/		Parents & Teachers
Information about drugs, alcohol and mental health	https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/		Students
Supporting your child with drugs and alcohol	https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-drugs-and-alcohol/		Parents & Teachers
Information about alcohol for teachers and parents	https://alcoholeducationtrust.org/		Parents & Teachers

<p>The aim is to point out the problems with misusing drugs and alcohol, and gives ideas about how to avoid falling into doing this</p>	<p>Drugs and alcohol - for young people Royal College of Psychiatrists (rcpsych.ac.uk)</p>		<p>Students</p>
<p>Basic facts about cannabis and also how it might affect your mental health</p>	<p>Cannabis and mental health - for young people Royal College of Psychiatrists (rcpsych.ac.uk)</p>		<p>Students</p>
