

Are you at risk?

Complete the self-assessment then turn the page over and find out for yourself

Substance means: any drug not prescribed by a doctor, including: alcohol; cocaine; ecstasy; crack; LSD; amphetamines; ketamine; solvents (gas/glues); heroin; poppers; tranquillisers/anti-depressants or legal/herbal highs.

Regularly means: three or more days a week.

Occasionally means: a few times each month.

Rarely means: less than once a month.

	Regularly	Occasionally	Rarely	Never
1. Do you use substances or alcohol?	4	3	1	0
2. Do you use substances because you are unhappy or because it helps you to cope?	4	2	1	0
3. Does using substances make it hard for you to get on with other people?	4	2	1	0
4. Do you spend more on substances than you can afford?	3	2	1	0
5. Do you use heroin, crack or solvents?	30	30	30	0
6. Do you inject any substance?	30	30	30	0
7. Do you use cocaine or legal/illegal highs?	20	16	10	0
8. Do you use more than one substance at a time?	5	3	2	0
9. Do you use substances when you are alone?	4	2	1	0
10. Do you get so 'off your head' (drunk, stoned, mashed) that you do not know what you are doing?	6	3	2	0
11. Does using substances affect your ability to cope with school or work?	3	2	1	0
12. Does your substance use ever lead you into crime, antisocial behaviour or violence?	6	3	2	0
13. Do you feel 'stressed out' if you try to stop or cut down?	3	2	1	0
14. Do you worry about using substances?	3	2	1	0
15. Do other people such as family and friends worry about you using substances?	3	2	1	0
16. Have you had unplanned sex while under the influence of substances?	6	3	2	0
Score (each column)				0

Total Score

► Your score

0-10 You should keep your knowledge about substances up-to-date and continue to keep yourself safe. Visit www.talktofrank.com

11-20 You need to get advice and information about your substance use. Visit www.talktofrank.com or contact West Sussex Young Person's Substance Misuse Service (see below)

20-30 You risk having problems with your substance use. Visit www.talktofrank.com or contact West Sussex Young Person's Substance Misuse Service (see below)

Over 30 You have problems with your substance use and you need to get some advice, support and help. Please contact West Sussex Young Person's Substance Misuse Service (see below)

1. **Using** any substance or alcohol can cause you problems if you do not know how the drug will affect you.
2. **Injecting** any substance can make you dependent, increases the risk of overdose and can put you at risk of viruses carried in the blood such as hepatitis and HIV. If you are injecting, get advice about how to inject safely.
3. **Mixing** substances is dangerous and can make you feel unwell or cause you to overdose. Mixing alcohol and cocaine produces a dangerous substance that can damage your liver and heart.
4. **Using** substances when you are **alone** can mean that you are becoming dependent on the substance.
5. **Using** substances when you are **unhappy** may seem helpful but it will only make matters worse. You cannot deal with problems when you are 'off your face'. You may need to talk to someone.
6. **If** substance use is **affecting** your school or home life, costs too much, gets you into trouble with the police, or makes you lose your friends, you need to think carefully about whether this is the life you want? Would you be better off stopping or cutting down your substance use?

For free, confidential advice, information and support you can contact us in the following ways:

Landline:

01903 230 600

Mobile:

07779 339 954

Email:

wsypsms@cri.org.uk

You can also contact the FRANK helpline on:

Freephone 0800 776600

Or visit

www.talktofrank.com

www.cri.org.uk