

USEFUL CONTACTS

Bedfordshire Drug & Alcohol
Information Line : 01234 332901

For information and advice on drug
and alcohol issues and local services
across Bedfordshire

TALK TO FRANK

FRANK is there twenty-four hours a day,
seven days a week to sort you out with
sound information about drugs and alcohol.
Read **FRANK for Parents** and **FRANK for
Young People**, see **FRANK on TV**, and
hear **FRANK on the radio**. For more
information call **0800 77 66 00**
or visit www.talktofrank.com

www.drugs.org.uk
For further information on
Home Office drug related issues

Drinkline : 0800 917 8282
For information and advice
on alcohol related issues

NHS Direct : 0845 4647
For 24 hour confidential health advice
www.nhs24.com

Samaritans : 08457 90 90 90
For anyone needing to talk to someone

Release : 0845 450 0215
For information about drugs and the
Law, call the Release legal helpline
or email: ask@release.org.uk
www.release.org.uk

B:DAT

Bedfordshire Drug & Alcohol Action Team
County Hall, Cauldwell Street,
Bedford, MK42 9AP

Tel: 01234 276584
Fax: 01234 228622
Email: info@bdat.org.uk
Web: www.bdat.org.uk and
www.bedfordshire.gov.uk/dat



B:DAT 3

Guide to Drug & Alcohol Services in Bedfordshire

Amended January 2008

B:DAT
FRANK

aware
know the facts

services

B:DAT

Bedfordshire Drug and Alcohol Team (B:DAT) has compiled this directory of services for the benefit of clients, friends, family and carers as well as a variety of professionals. This handbook will provide information about drugs and alcohol and both local and national organisations, in order for you to be fully informed of the treatment that is available.

What is Bedfordshire Drug and Alcohol Action Team? (B:DAT)

Bedfordshire Drug and Alcohol Action Team (B:DAT) is a multi-agency partnership working to implement the National Drug Strategy. B:DAT comprises of senior staff from the main organisations in the county involved in tackling drug and alcohol related issues.

Services in Bedfordshire - who can help?

When you need facts & information

Bedfordshire Drug & Alcohol Information Line

Tel: 01234 332901
For information and advice on drug and alcohol issues and local services across Bedfordshire

FRANK

Tel: 0800 77 66 00 or visit www.talktofrank.com
National confidential drugs helpline 24/7, for general information, facts and advice for everyone.

Drinkline

Tel: 0800 917 82 82
For information and advice on alcohol related issues.

When you think there might be a problem or you want harm reduction advice

ADULTS : DRUGS

Addaction

Bedford Tel: 01234 352220 105-107 Tavistock Street, Bedford, MK40 2RR
Dunstable Tel: 01582 501780 2c Albion Street, Dunstable, LU6 15A

A service for those with drug misuse issues who reside in the Bedfordshire area. Addaction offers a range of services including one to one support, information and advice about drugs, referrals to other agencies, free condoms, needle exchange, safer injecting advice, black box therapy and acupuncture.

Bedford drop in times:

Monday 10am - 4.45pm
Tuesday 10am - 4.45pm
Wednesday 10am - 7.45pm
Thursday 10am - 4.45pm
Friday 10am - 4.45pm
Saturday 9.45am - 1.45pm

Dunstable drop in times:

Monday to Friday
8.30am - 4.30pm

Drug Interventions Programme (DIP)

Tel: 01234 271162 DIP 24-hour Helpline
105-107 Tavistock Street, Bedford, MK40 2RR
2c Albion Street, Dunstable, LU6 15A

The DIP Programme is for people, who are 18 years +, live in the Bedfordshire Area, are using Class A drugs and are involved with the Criminal Justice System or have been involved in the last 6 months. The DIP programme is a government initiative there to help people out of crime and in to treatment by providing tailored solutions for those misusing drugs. Both individuals and professionals can refer into the programme.

Bedford drop in times: Monday 2pm-4pm, Wednesday 5pm-7pm

Dunstable drop in times: Thursday 2pm-4pm

ADULTS : ALCOHOL

James Kingham Project (JKP)

Tel: 01234 344133
32 St Johns Street, Bedford, MK42 0DH

This service is for those who are experiencing problems due to their own use of alcohol and for individuals who are affected by other people's alcohol use. JKP offers a range of services such as late night opening hours, private individual sessions with a named worker, one to one counselling, practical support with everyday issues, relaxation and aromatherapy, self help groups, social events, outreach, women only sessions and much more.

Drop in times: Monday 10am – 4pm, Thursday 10am – 5pm, Friday 10am – 4pm

YOUNG PEOPLE : DRUGS AND ALCOHOL

Plan B

Tel: 01234 344911
26-28 Bromham Rd, Bedford, MK40 2QD

A service for 10-19 year olds who provide advice, counselling, a prescribing service and access to detox.

Drop in times: Mon-Thurs 10am-4pm, Fri 12pm-3pm.

YOUNG PEOPLE : ALCOHOL

Puke

Tel: 01234 344133
32 St Johns Street, Bedford, MK42 0DH

Puke (Prevention, Understanding, Knowledge and Education) is a dedicated young people's alcohol service for those aged between 13 and 19 years of age. Puke is linked to the James Kingham Project (JKP) in Bedford.

Many of these services offer support across the whole of Bedfordshire and may be offering sessions in your local area. Please contact the relevant service for more information.

When you know there's a problem that needs treatment or intensive support

ADULTS : DRUGS

CAN

Tel: 01234 354193

22 Grove Place, Bedford, MK40 3JJ

A service for anyone who resides in Bedfordshire and who is affected by drugs. CAN has a team of specialist drug workers that offer a range of services in the community including one to one interventions, structured day care, prevention services, complementary therapies, group-work, and much more.

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Care Co-ordination

Tel: 01234 276702

105-107 Tavistock Street, Bedford, MK40 2RR

A drugs and alcohol social care support service, offering support for those who need a more enhanced level of care.

Shared Care North Bedfordshire

Tel: 01234 332370

105-107 Tavistock Street, Bedford, MK40 2RR

A specialist prescribing and support service for people with a street drug dependency e.g. heroin.

Bedford drop in times: on a first come first served basis, Monday and Wednesday 1.30pm-3.30pm, Thursday 11am-1pm.

Shared Care South Bedfordshire

Tel: 01582 708308

Clody House, 90-100 Collingdon Street, Luton, LU1-1RX

A specialist prescribing and support service for people with a street drug dependency e.g. heroin.

ADULTS : ALCOHOL

James Kingham Project (JKP)

Tel: 01234 344133

32 St Johns Street, Bedford, MK42 0DH

This service is for those who are experiencing problems due to their own use of alcohol and for individuals who are affected by other people's alcohol use. JKP offers a range of services such as late night opening hours, private individual sessions with a named worker, one to one counselling, practical support with everyday issues, relaxation and aromatherapy, self help groups, social events, outreach, women only sessions and much more.

Drop in times: Monday 10am – 4pm, Thursday 10am – 5pm, Friday 10am – 4pm

ADULTS : DRUGS AND ALCOHOL

Specialist Substance Misuse Service

Tel: 01234 270123

26-28 Bromham Rd, Bedford, MK40 2QD

A substance misuse service in Bedford aimed at those with mental health problems and drug/alcohol issues who are needing a higher degree of support. The specialist service aims to reduce and where possible eliminate the physical, social and psychological harm associated with the misuse of Drugs and/or Alcohol. The service provides group work, individual key-working, psychological treatment, specialist prescribing and access to detoxification.

Drop in times: Mon, Tues, Wed & Fri 10am – 12pm

YOUNG PEOPLE : ALCOHOL

Puke

Tel: 01234 344133

32 St Johns Street, Bedford, MK42 0DH

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YOUNG PEOPLE : DRUGS AND ALCOHOL

Plan B

Tel: 01234 344911

26-28 Bromham Rd, Bedford, MK40 2QD

A service for 10-19 year olds who provide advice, counselling, a prescribing service and access to detox.

Drop in times: Mon-Thurs 10am-4pm, Fri 12pm-3pm.

YOT DASH

Tel: 01234 276400

Unit 4 Franklin Court, Off Stanard Way
Priory Business Park, Bedford, MK44 3JZ

Preventative services for children & young people and their families who are in contact with Bedfordshire Youth Offending Service. Advice and support on drugs/alcohol issues through 1-2-1 work and group work.

If you would like to know more about drugs/alcohol or are worried about yours or someone else's drugs/alcohol use, you can also speak to a school nurse, youth worker, connexions worker, social worker or teacher who will be able to help you find the right help and support.

Many of these services offer support across the whole of Bedfordshire and may be offering sessions in your local area. Please contact the relevant service for more information.



When you need advice and support about someone else's drug or alcohol problem

Spaced Tel: 01234 354193
22 Grove Place, Bedford, MK40 3JJ

Spaced is a specialist family support service offering information and advice for anyone affected or concerned by another person's drug or alcohol misuse. Spaced offers one to one support, support groups, drug and alcohol information, referral to other services.

Many of these services offer support across the whole of Bedfordshire and may be offering sessions in your local area. Please contact the relevant service for more information.

NEEDLE EXCHANGES in Bedfordshire

Addaction Tel: 01234 352220
105-107 Tavistock Street, Bedford.

Opening times:

Monday	10am-4.45pm
Tuesday	10am-4.45pm
Wednesday	10am-7.45pm
Thursday	10am-4.45pm
Friday	10am-4.45pm
Saturday	9.45am-1.45pm

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Needle exchange facilities are also available at many local pharmacies

Please contact Addaction to find out where your nearest facility is Tel: 01234 352220

Other useful Contacts...

Prebend Day Centre Tel: 01234 365955
12 Prebend Street, Bedford MK40 1QW

Homeless, rootless, disadvantaged, vulnerable, those with alcohol, drug and solvent problems-anyone who needs support 16+

Accommodation

If you need information or advice on housing issues please contact your nearest office.

North Beds Housing Advice & Information Tel: 01234 227274
Bedford Borough Council, Town Hall, St. Paul's Square, Bedford, MK40 1SJ

Amphill Housing Advice & Information Tel: 01525 840505
Aragon Housing Association, Katherine's House, Dunstable Street, Amphill, Bedfordshire, MK45 2JP

Sandy Housing Advice & Information Tel: 01767 685800
Aragon Housing Association, 2 Shannon Court, Sandy, Bedfordshire, SG19 1AG

South Beds Housing Advice & Information Tel: 0845 8496170
South Bedfordshire District Council, The District Offices High Street North, Dunstable, LU6 1LF

The Night Shelter Tel: 01234 266085
50 Clarendon Street, Bedford.

Homeless, disadvantaged, socially vulnerable, alcoholics, drug users. Arrive at 7.15pm on first night to see if bed space is available.



Advice Agencies

Citizens Advice Bureau Bedford Tel: 01234 354384 Dunstable Tel: 01582 661384

The CAB service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policy makers. www.citizensadvice.org.uk

The Housing Advice Centre Tel: 01234 221785

Job Centre Tel: 01234 361500

This section will give you an idea of the effects and potential risks of some common drugs

drug facts



A mention of any service or substance in this guide does not imply a recommendation by the Bedfordshire Drug & Alcohol Action Team - we offer the guide simply as a source of public information. The services listed have provided and approved the information about themselves. Information comes from government & voluntary sector websites & other sources. The Bedfordshire Drug & Alcohol Action Team is, therefore, not responsible for errors in the information. This guide is not intended to be exhaustive. We recommend that you contact FRANK for further information about the effects of drugs and their legal status. Telephone: 0800 776600 or visit www.talktofrank.com

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You can talk to FRANK 24hrs a day

FRANK
0800 77 66 00 talktofrank.com

Name Alcohol

Also known as Alco-pops, Beers, Bevvies, Cans, Tins, Pints, Plonk.

Looks like All sorts of different drinks.

How it's taken Swallowed.

Effects In small doses it can make you relaxed and happy. In large doses it can make you feel down. Alcohol affects different people in different ways, so it's hard to know how much you can handle.

Downside Can make you lose control so you don't always know what you're doing - this may cause accidents. Large doses can make you feel sleepy and feel sick. Long-term heavy use of alcohol can cause heart and liver problems and stomach conditions.

The law It is illegal for under 18's to buy alcohol. It is illegal for people to sell alcohol to under 18's. It is illegal to buy alcohol for someone under 18. People aged 16 and 17 can buy beer or cider (or have it bought for them) with a meal. This is only in licensed restaurants or areas specifically for meals - not in bars.



Name Amphetamine

Also known as Speed, Base, Billy, Speed, Sulphate, Whiz.

Looks like Whitish powder but also comes in different colours because it is often 'cut', or mixed with, other substances. Often sold in small packets of folded paper called 'wraps' or small sealed plastic bags.

How it's taken Snorted. Dissolved in liquid and drunk. Injected. Rubbed over the gums. Wrapped in paper (bombs) and swallowed.

Effects Can speed up nervous system including heartbeat and breathing. Pupils may grow large. The user may experience loss of appetite. The user may feel confident, energetic and talkative.

Downside Some users may feel tense and anxious. May cause tiredness due to lack of sleep and food. Long term heavy use may complicate mental illness. Long term use can also strain the heart.

The law Class B drug in powder form. Class A drug when prepared for injection.



Name Anabolic Steroids

Also known as 'Roids.

Looks like Small tablets, Liquid.

How it's taken Tablets are swallowed, Liquids are injected.

Effects Used to increase natural physical ability. Users say they feel more aggressive and able to train harder. Can help build up muscle faster with exercise. Can help users recover from strenuous exercise.

Downside Can stop young people growing properly. Male users may suffer erection problems, breast growth, shrinking testicles, sterility, acne. Can also increase chances of heart attacks and liver failure. Female users may suffer growth of facial hair, deepening voice, shrinking breasts, possible miscarriage and stillbirth.

The law Class C drug. Controlled under the Medicines Act. Class C penalties apply for illegal supply.



Name Cannabis

Also known as Bhang, black, blast, blow, blunts, Bob Hope, bush, dope, draw, ganja, grass, hash, hashish, hemp, herb, marijuana, pot, puff, Northern Lights, resin, sensi, sensemilla, skunk, smoke, soap, spliff, wacky backy, weed, zero. Some names are based on where it comes from - Afghan, homegrown, Moroccan etc.

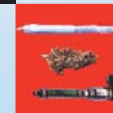
Looks like Cannabis comes in different forms. Hash is a blacky-brown lump made from the resin of the plant. Grass or weed is the dried leaves of the plant. Oil which is dark and sticky and comes in a small jar.

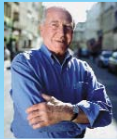
How it's taken Smoked with tobacco in a 'joint' or 'spliff'. Smoked on its own in a pipe or 'bong'. Made into a tea. Cooked into food.

Effects The user can feel relaxed or talkative. Cooking the drug into food can make the effects stronger and harder to control. The user can get cravings for food or 'munchies'.

Downside The user can become addicted to cigarettes when smoking with tobacco. This can also increase the risk of cancer. Users may lack motivation and energy. May affect concentration. Can cause paranoia and anxiety. Can cause a range of mental health problems from short lived ones and more common problems such as anxiety and paranoid feelings, to less common difficulties with actual psychotic states that may require medical treatment. These problems may fade away over several days after stopping using cannabis but occasionally may require a stay in hospital.

The law Class C drug. The Government reclassified cannabis from a Class B to a Class C drug on 29th January 2004 across the United Kingdom. This means Cannabis is still illegal.





Name Cocaine/ Crack

Also known as C, Charlie, Coke, Snow. Crack is a type of cocaine that is smoked.

Looks like Cocaine is a white powder. Crack comes as whitish lumps or 'rocks'.

How it's taken Cocaine is snorted, dissolved in drink or injected. Crack is smoked.

Effects A sense of well being, confidence and alertness for about 30 minutes. Crack is a shorter but more intense 'high'.

Downside Cocaine and Crack can be addictive with users trying to recreate their first 'high'. Users can feel tired and depressed afterwards. Can be an expensive habit and hard to control, particularly with Crack.

The law Cocaine and Crack are Class A drugs.



Name Ecstasy

Also known as E, Disco Biscuits, Pills, XTC

Looks like Tablets that can be different colours, shapes and sizes. Different tablets have different names such as Miltzi's and Doves, depending on what logo they have on them.

How it's taken Swallowed.

Effects The user may feel alert and 'at one' with surroundings. Sounds and colours may appear more intense. Can make the user feel energetic and able to dance for long periods of time.

Downside Users may feel tired and down for days afterwards. Risk of becoming dehydrated from dancing for a long time. A user who takes Ecstasy and dances for a long time should 'chill out' regularly and sip a pint of water, or an energy drink, every hour. Drinking a lot of liquid very quickly can also be dangerous. Risks of long term use are not yet known.

The law Class A drug.

Name GHB

Also known as GBH, Liquid Ecstasy, gammahydroxybutrate.

Looks like Clear odourless liquid sold in small bottles or capsules. Can also come in the form of a white powder.

How it's taken Swallowed.

Effects Anaesthetic. Can create feelings of euphoria and sensuality in small doses. May cause drowsiness and even blackouts in larger doses.

Downside Can cause users to feel disoriented and sick. Muscles can go numb or start to spasm. Excessive use can cause a fit or seizure. Because GHB can cause unconsciousness it has been linked to drug assisted sexual assault.

The law Class C Drug.



Name Heroin

Also known as Brown, Gear, H, Scag, Smack.

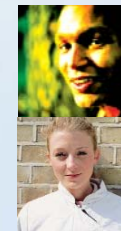
Looks like Brownish powder sold in packets of folded paper called 'wraps'.

How it's taken Smoked, snorted or injected.

Effects Can relax the brain and may slow down the heartbeat. Small doses may create feelings of warmth and well being. In larger doses the user may feel drowsy, numb and relaxed.

Downside Addictive, even if just smoked. Users who become addicted may need to take the drug just to feel normal. Injecting can damage veins. Injecting can cause a risk of Hepatitis B or C and HIV from sharing injecting equipment.

The law Class A drug.



Just because a drug is Class C does not mean it's safer than a Class A drug as different people can react to different drugs in different ways.

Name Khat

Also known as quat, qat, qaadka, chat, Catha edulis.

Looks like A leaf.

How it's taken Chewed over a number of hours.

Effects Can make people feel more alert and talkative. May suppress the appetite. Although it's a stimulant, many users report a feeling of calm if it's chewed over a few hours.

Downside High usage may cause insomnia, heart problems. Can produce feelings of anxiety and aggression. May make pre-existing mental health problems worse.

The law Khat is currently not an illegal drug in the UK. It can be used or traded without penalty. However, it is illegal in many other countries such as the U.S.A.





Name Ketamine

Also known as Green, K, special K, super K, vitamin K.

Looks like Legally produced ketamine for use as a medical anaesthetic comes in liquid form. The illegally produced version usually comes as a grainy white powder.

How it's taken Liquid form is injected. Powder form is snorted.

Effects Anaesthetic. Can cause perceptual changes like LSD, in addition to its effects on reducing bodily sensation. Small doses can cause numbness and the feeling of being outside your body.

Downside Can increase risk of accidental injury because you don't feel any pain. High doses can dangerously suppress breathing and heart function. Can be very dangerous when mixed with other depressant drugs (such as alcohol). Can cause high blood pressure, which can be particularly dangerous when mixed with drugs like Ecstasy or amphetamines. Can cause panic attacks and depression. If high enough doses are taken, the anaesthetic effect can result in death from inhaling vomit.

The law Currently controlled under the Medicines Act.



Name LSD & Magic Mushrooms

Also known as LSD is also called Acid, Trips, Tabs. Magic Mushrooms are also called Shrooms, Mushies.

Looks like LSD comes in small squares of paper with a picture on one side. Magic mushrooms are picked in the wild.

How it's taken LSD tabs are swallowed. Magic mushrooms are eaten raw, cooked in food or stewed in a drink.

Effects The 'trip' can last up to twelve hours with LSD, or four hours with magic mushrooms. Sense of reality may be distorted.

Downside May not be able to tell what is real and what isn't. Some users experience 'bad trips'. Trips can't be stopped. Users can experience 'flash-backs' even years after the trip. Can complicate mental health problems. A poisonous mushroom could be eaten by mistake. Magic Mushrooms can also cause sickness.

The law LSD is a Class A drug. Prepared magic mushrooms (dried or stewed) are Class A drugs. From the 18th July 2005, unprepared Magic Mushrooms also became Class A drugs under the Drugs Act 2005. For more information please see The Law section of this booklet.



Name Poppers

Also known as Amyl nitrite, butyl nitrite, isobutyl nitrite, Ram, Thrust, Rock Hard, Kix, TNT, Liquid Gold.

Looks like Clear or pale yellowish liquid chemical called alkyl nitrite. Sold in bottles with brand names like Ram, Thrust and Rock Hard.

How it's taken Inhaled.

Effects An initial 'head rush' that lasts a couple of minutes. Causes blood pressure to drop and the heart to beat faster.

Downside Can leave people feeling sick, faint and weak. Especially if taken while dancing. Some people get a rash around their mouth. Poppers are toxic and can kill you if you swallow them. Taking poppers is a dangerous idea for anyone with chest or heart problems, anaemia or glaucoma. Can burn if spilt on skin.

The law Controlled under the Medicines Act. There have been cases where the Medicines Act was used to fine shops for selling them.

Name Solvents

Also known as Glues, Gases, Aerosols.

Looks like Any type of glue or aerosol can be misused, including hairspray, gas lighter refills, paints.

How it's taken Inhaled into lungs through nose or mouth from a cloth. Gas is sometimes sprayed into the back of the throat.

Effects Similar to being very drunk. May distort all the senses. May cause hallucinations. Effects are short-lived.

Downside User may get blotches around nose and mouth. Effect on senses may cause the user to have an accident. May cause sickness, fainting, blackouts, difficulty breathing and heart problems. This can sometimes be fatal. Long term use of glue can damage the brain, liver and kidneys. Your first time could be your last time.

The law Controlled under the Intoxicating Substances (Supply) Act. Illegal for shopkeepers to sell to under 18s or for people to buy them for an under 18, if they suspect the solvent may be abused.



The Misuse of Drugs Act 1971 puts drugs into 3 classes. Each class has different legal penalties. The Medicines Act also controls other substances.

Name Tranquillisers

Also known as Jellies, benzos, eggs, norries, rugby balls, vannies, moggies, mazzies, roofies, downers.

Looks like Manmade drugs produced to treat anxiety, depression and insomnia. Manufactured to be prescribed by a doctor, they're designed to reduce anxiety and promote calmness, relaxation and sleep. Tranquillisers come as tablets, capsules, injections or suppositories.

How it's taken Swallowed. Taken as suppositories. Injected.

Effects They have a sedative effect. They work by depressing the nervous system and slowing the body down. They may relieve tension and anxiety and can make the user feel calm and relaxed. Big doses can make a user sleepy and forgetful and can send them to sleep.

Downside Benzodiazepines can be highly addictive. Tranquillisers are a depressant and if they're taken with other depressive drugs like alcohol it can lead to accidental overdose. Some can cause short-term memory loss. Injecting crushed tablets or melted down gel capsules is extremely dangerous and sometimes fatal. Withdrawal can cause unpleasant symptoms like headaches, nausea, anxiety and confusion. These can be dangerous and require medical help. Sudden withdrawal after big doses or from some specific drugs can cause panic attacks and fits. The tranquilliser Flunitrazepam (brand name 'Rohypnol') is suspected of having been used for 'spiking' drinks in alleged 'date rapes'.

The law Tranquillisers can only be prescribed by a pharmacist. They are controlled under Class C of the Misuse of Drugs Act.



the law

The Misuse of Drugs Act 1971 puts drugs into 3 classes. Each class has different legal penalties. The Medicines Act also controls other substances.

Just because a drug is Class C does not mean it's safer than a Class A drug as different people can react to different drugs in different ways.

MISUSE OF DRUGS ACT

Class A

Drugs

Ecstasy, cocaine, crack, heroin, LSD, magic mushrooms (prepared and unprepared as of 18th July 2005).

Maximum Sentences

Possession: 7 years and/or fine.
Supply: Life and/or fine.

Class B

Drugs

Speed/Amphetamines.

Maximum Sentences

Possession: 5 years and/or fine.
Supply: 14 years and/or fine.

Class C

Drugs

Cannabis, GHB, anabolic steroids, tranquillisers such as Valium.

Maximum Sentences

Possession: 2 years and/or fine.
Supply: 14 years and/or fine.

MEDICINES ACT

- These drugs can only be supplied by a pharmacist with a prescription. Any other supply is illegal.

OTHER THINGS YOU SHOULD KNOW

- The Drugs Act 2005 came into effect on 18th July 2005. This means that it is illegal to import, export, produce, supply, possess, and possess with intent to supply, prepared and unprepared magic mushrooms.
- You do not have to be found selling drugs to be charged with supply. Giving drugs away or sharing them is 'social supply' and is also an offence.
- The Government will introduce legislation under the Drugs Act 2005 to tackle dealers who try and avoid prosecution for intent to supply by claiming their drugs were for personal use only. During 2006, quantity thresholds will be set for the possession of all controlled drugs. This means that anyone found possessing amounts above these thresholds will be charged and prosecuted for dealing.
- Even if you look after someone else's drugs and hand them back or if the Police find you with an amount of drugs that they think is too big to be for personal use, they can still charge you with intent to supply. Possession with intent to supply carries the same legal penalties as actual supply.
- It is also an offence to knowingly allow drugs to be produced, sold or even given away on the premises you are responsible for.
- Driving under the influence of drugs is illegal and can result in a fine of £5,000, 12 months disqualification from driving, and up to 6 months in prison. Drug driving can be very dangerous for the driver, passengers and other road users.

For further info visit
www.homeoffice.gov.uk/drugs/drugs-law

For the latest on UK Drugs Law, talk to FRANK on
0800 77 66 00 or visit www.talktofrank.com

Different people react to different drugs in different ways. There is no way to know exactly what is in a drug before you take it. This means that there is always a risk when you take any drug. Drugs react with each other, so mixing different types of drugs and mixing drugs with alcohol can increase the risks. If things go wrong with drugs or alcohol, it's important to know what to do in an emergency.

If you are with someone who has taken a drug and things go wrong, it's natural to feel scared, and maybe even responsible. It's important to try not to panic. Stay calm and remember that the person's health and safety are the most important things.

first aid



What you should do

If the person has taken:

Cannabis, Cocaine/Crack, Ecstasy, LSD, Magic Mushrooms and Speed that can make people tense and panicky.

If this happens you should:

- Calm them down and tell them that the way they feel will soon pass.
- Tell them to breathe deeply and slowly.
- Try and get them to sit somewhere quiet without any bright lights.

If the person has taken:

Heroin, Ketamine, tranquillisers and solvents that can make people feel very sleepy.

If this happens you should:

- Keep them awake by talking to them slowly and quietly so that you don't panic or startle them.
- Do not give them coffee or alcohol.

With any drug, including alcohol, if the person collapses or becomes unconscious you should dial 999 and ask for an ambulance. Stay with the person, keep talking to them and keep them warm. Roll the person on their side, head tilted back, so that they cannot choke or place them in the recovery position. Tell medics what the person has drunk or taken and when.

