



Drug	Analgesic	Hallucinogen	Stimulant	Depressant
Caffeine			✓	
Cocaine			✓	✓
Heroin	✓			✓
Cannabis		✓		✓
Crack Cocaine			✓	
Amphetamines		✓	✓	
Ecstasy			✓	
Alcohol				✓
Inhalants		✓	✓	
Tobacco				✓
LSD		✓		
Magic Mushrooms		✓		
Steroids	✓			

## H&W—Drugs and Mental Health

Class	Examples	Sentence for Possession	Sentence for Dealing
<b>Class A</b>	Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, amphetamines (if prepared for injection)	Up to seven years in prison or an unlimited fine or both.	Up to life in prison or an unlimited fine or both.
<b>Class B</b>	Amphetamines, Methylphenidate (Ritalin),	Up to five years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
<b>Class C</b>	Tranquilizers, Cannabis, some painkillers, Gamma hydroxybutyrate (GHB), Ketamine.	Up to two years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
<b>Temporary Class</b>	The government can ban new drugs for 1 year under a 'temporary banning order' while they decide how the drugs should be classified.	None, but police can take away a suspected temporary class drug	Up to 14 years in prison, an unlimited fine or both

These are the maximum sentences that could be imposed but in most cases a first-time possession offence will lead to a caution and confiscation.

A caution is not a criminal conviction, but it could be used as evidence of bad character if you go to court for another crime.

Key words	Definitions
Drug	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.
Legal	Something that is permitted by law
Illegal	Something that is not permitted by law
Classification	A category system
Possession	the state of having or owning something.
Dealing	the activity of buying and selling
County Lines	where illegal drugs are transported from one area to another, often across police and local authority boundaries

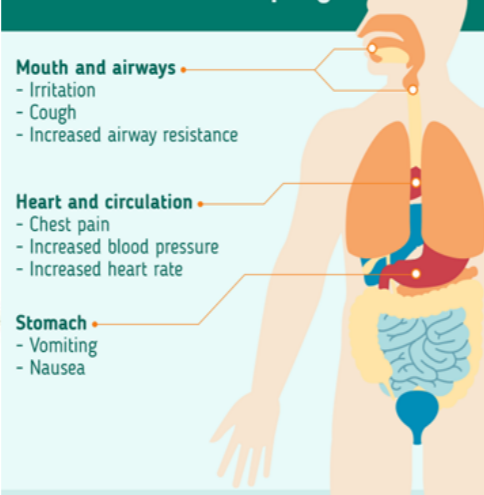
### Who Can you turn to for help and Support

Parents and Family	School Staff and Safeguarding Team
Your GP or Practice Nurse	
NSPCC	Helpline: 0800 800 5000 <a href="https://nspcc.org.uk">nspcc.org.uk</a>
Childline	Helpline: 0800 1111 <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>
NHS Live Well Website	<a href="https://www.nhs.uk/livewell">www.nhs.uk/livewell</a>
The Mix	Helpline: 0800 8084994
Talk to Frank	Helpline: 0300 123 6600 <a href="https://talktofrank.com">talktofrank.com</a>
Action on Addiction	Helpline: 0300 330 0659 <a href="https://actiononaddiction.org.uk">actiononaddiction.org.uk</a>
DrugFAM	Helpline: 0300 888 3853 <a href="https://drugfam.co.uk">drugfam.co.uk</a>

## Risks from Smoking



## Side effects of vaping



1 UNIT	1.5 UNITS	2 UNITS	3 UNITS	9 UNITS	30 UNITS
Normal beer half pint (284ml) 4%	Small glass of wine (125ml) 12.5%	Strong beer half pint (284ml) 6.5%	Strong beer Large bottle/can (440ml) 6.5%	Bottle of wine (750ml) 12.5%	Bottle of spirits (750ml) 40%
Single spirit shot (25ml) 40%	Alcopops bottle (275ml) 5.5%	Normal beer Large bottle/can (440ml) 4.5%	Large glass of wine (250ml) 12.5%	Government advises alcohol consumption should not regularly exceed: Men 3-4 units daily Women 2-3 units daily	



# H&W—Drugs and Mental Health

## Define: **Mental Wellbeing**

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

## Define: **Emotional Literacy**

The ability to understand and express feelings. Emotional Literacy involves having self-awareness and recognition of one's own feelings and knowing how to manage them.

## Define: **Primary Emotions**

There are 5 primary emotions but over 600 words in the English language for different emotions. The primary emotion groups are:

1. Joy
2. Anger
3. Sadness
4. Disgust
5. Fear

## Define: **Mental Illness**

Mental illnesses comprise of a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others.

*They can only be diagnosed by a Doctor or Mental Health Professional*

## Signs of good mental wellbeing

- Feeling relatively confident in yourself and have positive self-esteem
- Feeling and express a range of emotions
- Building and maintaining good relationships with others
- Feel engaged with the world around you
- Live and work productively
- Cope with the stresses of daily life
- Adapt and manage in times of change and uncertainty

## Things that can affect our mental wellbeing

Everyone is different and what affects someone's mental wellbeing won't necessarily affect others in the same way. Everyone will have times when they have low mental wellbeing, where they feel stressed, upset or find it difficult to cope.

Common life events that can affect your mental wellbeing include:

- loss or bereavement
- loneliness
- relationship problems
- issues at work
- worry about money

However there are times when there is no discernable reason for the way a person feels which can be extremely frustrating.

There are some factors that may make people more vulnerable to experiencing a period of poor mental wellbeing. These may have happened in the past or might still be happening now:

- Childhood abuse, trauma, violence or neglect
- Social isolation or discrimination
- Homelessness or poor housing
- A long-term physical health condition
- Social disadvantage, poverty or debt
- Unemployment
- Caring for a family member or friend
- Significant trauma as an adult, such as military combat, being involved in a serious accident or violent

## Signs of poor mental wellbeing

- Erratic changes in mood and behavior
- Distancing from friends and family
- Loss of interest in things that they used to be interested in
- Excessive sleeping or not sleeping
- Increased alcohol consumption
- Poor concentration and being easily distracted
- Finding it hard to make decisions
- Feeling overwhelmed by things & tearfulness
- Finding it difficult to control your emotions
- Irritability and short temper or aggression

## The Importance of Positive Relationships

Connecting with others can help us to feel a greater sense of belonging and can help to challenge feelings of loneliness.

- **Make time for the people you love.** Keeping regular contact with friends and family, whether it's face-to-face, on the phone or by text, can strengthen your relationships.
- **Join a group.** Think of the things you like to do, such as drawing, gardening or sport and look for local groups. Meeting others with a shared interest can increase your confidence and build your support network.
- **Talk about the way you feel.** Opening up to a trusted friend or family member can help you to feel listened to and supported. Just acknowledging your feelings by saying them out loud can help.
- **Use peer support.** If you're finding things difficult, talking to people who have similar feelings or experiences

## The Importance of Self Care

At times people may feel guilty for spending time on themselves. But it's essential for mental wellbeing and can help people to be more resilient.

Some self care techniques include

- Mindfulness
- Doing something you enjoy
- Relaxation techniques
- Get outdoors and fresh air
- Exercise

If someone is living with a mental health problem, taking steps to look after their mental health can help you improve your wellbeing.

Strategies can include:

- Talking to someone
- Knowing triggers and warning signs
- Keeping a mood diary
- Building your self esteem.