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| CYPDAS NEWSLETTER 25/09/20  **Compass CYPDAS will now be sharing a newsletter every two weeks, providing service updates, contact details, and a feature piece on different substances to raise awareness amongst children and young people.**  **ABOUT US**  We provide support for Warwickshire children and young people under 25 who are vulnerable to substance use or have been affected by another’s substance use. The service is free and confidential.  **ADAPTED SERVICES DURING COVID-19**  We continue to support our children and young people, using different forms of media to keep in regular contact. We are still accepting new referrals through the usual means. We are now also starting to see our young people with social distancing in place.  **Staying safe**:  Do not use continuously  Do not mix with other drugs or alcohol  Do not inject  Do not withdraw suddenly if using extensively  Do not drive or operate machinery  Be aware there are fakes.    If you are worried about a friend, family member or yourself and are after some more information, please get in touch:  **Service mainline: 01788 578 227**  **Text ChatHealth: 07507 331 525** (for ages 11-19)  **Email:** [**compass.warksypsduty@nhs.net**](mailto:compass.warksypsduty@nhs.net)  **Instagram: @compasswarksyp**  **Always call 999 in an emergency!** | Benzodiazepines: AKA benzos  Benzodiazepines are prescribed as sedatives. They are muscle relaxants and help to tackle anxiety. Those with long-term prescriptions for benzos will have to have this reviewed regularly. These drugs often end up on the street and are misused. They are usually in tablet or capsule form and will vary in price.  THE EFFECTS  Benzos cause relaxation and help to reduce anxiety and stress. They make people drowsy, cause amnesia, slurred speech and confusion. People may find using benzos disinhibiting in the same way that alcohol is. Some users may feel invisible or invulnerable when using. Mixing benzos with alcohol can be extremely dangerous.  **THE RISKS**  The risks of benzos include building up a tolerance to the drugs and becoming physically dependent on the drug. Coming off the drug may cause unpleasant symptoms such as insomnia, tremors, anxiety and in serious cases convulsions. The withdrawal process should always be done under medical supervision.  THE LAW  Most benzodiazepines are class C drugs, supplying a class C drug could get you a 14 year prison sentence. They should only be supplied, produced and possessed by those authorized. Mixing both alcohol and benzodiazepines together creates a significant risk of overdose, particular for those that are naive to benzodiazepines. |