

## CYPDAS NEWSLETTER 18.12.20

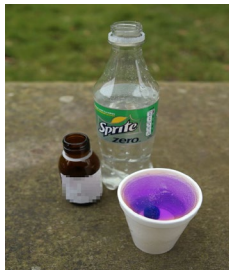


Compass CYPDAS would like to wish everyone a very merry Christmas and to say thank-you for the continued support we have received through these unusual times.

### 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. 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 would like to thank everybody for their co-operation during this time.

**Why we are talking about lean...** As a service we have seen increased reports in young people using lean.



This is an image that shows what lean can look like.

*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.warksyps-duty@nhs.net](mailto:compass.warksyps-duty@nhs.net)**

**Instagram: @compasswarksyp**

### QUICK TIPS: STAYING SAFE

**Always look out for your friends, don't give in to peer pressure, and always call 999 in an emergency!**

### LEAN:

The majority of young people have heard of the substance lean through rap music, it is highlighted in many songs as 'purple drank'. It is a codeine-based drink mixed with some type of fizzy pop such as sprite, it can also contain promethazine and can be purple hence the name purple drank. It may be bought pre-mixed or can be made by the user.

### THE EFFECTS

As it is codeine based, the effects will make users drowsy, sleepy and lightheaded. Codeine provides pain relief also. Promethazine is used as an antihistamine and can again cause drowsiness. There are some negative effects from using lean such as dizziness, blurred vision and a loss of functions or movement. It has been said to have links to seizures for those who have been using for a prolonged amount of time.

### THE RISKS

If buying off dealers, there is a risk you may not know the strength of codeine or opiate drug used and there is a chance it could be mixed with other substances. The risks include becoming addicted.

As stated above it has also been said to have a link to seizures for those who use this substance for a long time. People will also find themselves using more as tolerance levels rise. Mixing drugs with alcohol can be extremely dangerous, its important to always be aware of the risks and dangers involved with different substances.

### THE LAW

Lean is something that is not classified within the law however, codeine is something that is legal with a prescription and is legal without a prescription up to a certain level. Codeine is illegal if supplying and producing and can get an individual up to 5 years in prison for supplying and up to 14 years for producing.

