

CYPDAS NEWSLETTER 17.04

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

ACTIVITIES TO KEEP THE BOREDOM AT BAY

1. Walking and exercising – why not create a makeshift gym out of household items?
2. Drawing, painting and writing – use your creativity!
3. Cook a new recipe or try some baking with your Easter chocolate!

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.warksypsduy@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!

TOPIC 1: NITROUS OXIDE (LAUGHING GAS)

Nitrous Oxide, also known as 'laughing gas', is a colourless gas that people inhale. It's used medically as an anesthetic, and is also used in catering and cars. It comes in small metal canisters and is transferred to a container before inhaling, usually a balloon.

THE EFFECTS

Nitrous oxide can make a person feel calm and relaxed. Some people may get giggly, hence the name 'laughing gas'. These feelings depend on how much gas has been inhaled but typically last between 30 seconds to two minutes. Other effects can include anxiety and paranoia.

THE RISKS

Alongside possible anxiety and paranoia, there are serious risks associated with inhaling gas, such as suffocation. People have reported the loss of feeling in their fingertips – this is due to nerve damage caused by the gas. There's also a risk of anemia. The substance is unpredictable, which means nobody knows how it will affect them, even if they've used it before.

THE LAW

Nitrous oxide is known as a psychoactive substance and it is illegal to give away or to sell to others for this purpose. Supply and production can get you up to seven years in prison.