

CYPDAS NEWSLETTER 21/08/20

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

ACTIVITIES TO KEEP THE BOREDOM AT BAY

1. Keep an eye out for compass stones that are hidden across Warwickshire. If you find one please tag us in a picture of it on Instagram and then re-hide the stone for someone else to find!

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 10: PARENT SUPPORT

Drug and alcohol use amongst young people can have a dramatic and damaging effect on their health and wellbeing. It can also have a serious impact on their relationships with parents or care givers who may be plunged into a world they have little experience of and struggle to understand. Changes in behaviour and communication breakdown can make home life difficult at best and not understanding what your child is doing and why they are doing it can be very stressful.

What do parents need?

There is a well-structured support system for young people to access around their own or parents substance misuse, but what do parents do when they are faced with their child's developing drug or alcohol use and the impact it has on their relationship with their family?

Confidential support for parents...

Having someone to talk to confidentially about your child's drug or alcohol use, the impact it is having on your relationship and exploring potential ways of successfully managing the issues you as a family are facing can be key in navigating a difficult and stressful time.

Parental support runs alongside the support your child can access and aims to help you understand and navigate the choices your child makes. It cannot provide all the answers, but it may help you survive the journey.

For free confidential support please contact 01788578227

