

# EDAS REACH YP NEWSLETTER



**REACH**  
DRUG AND ALCOHOL SERVICES



## Staying Safe during the Festive Season

Christmas is around the corner and who doesn't love a Christmas party? But this is a time when many people find themselves drinking more than they usually do.

Below are the **10 top tips for Christmas** to see you safely and healthily through the festive season and into 2024!

### If you choose to drink alcohol this Christmas:

- 1** Keep in mind the Chief Medical Officers' low-risk drinking guidelines and try not to drink more than 14 units, which is six standard glasses of 13% wine or six pints of 4% beer, in any week.
- 2** If you choose to drink this much, then spread the drinking over three or more days and avoid binge drinking. Drinkaware's app is there to help people track and calculate their units so that they can see their progress over time.
- 3** Don't drink on an empty stomach. Have a healthy meal before you start drinking, and snacks between drinks can help slow down the absorption of alcohol, helping you stay in control.



# Staying Safe during the Festive Season

- 4 Pace yourself by alternating any alcoholic drinks with water or soft drink and avoid drinking in rounds, which may make you drink more and faster than you intended.
- 5 Try downsizing your alcoholic drinks – it will help you to drink less and reduce the number of calories that you are taking on board.
- 6 Try having a no or low-alcohol alternative or an alcohol-free mocktail – they are just as tasty!
- 7 Avoid drinking before you go out, what some people call ‘preloading’– it’s very easy for the drinks to stack up that way.
- 8 Keep warm and always take a coat. Alcohol makes blood flow to the blood vessels near your skin and away from the core of your body. If you then go out in the cold after drinking, you can lose heat very easily and quickly and that can be dangerous.
- 9 If you’re heading out to a Christmas party, make your plans in advance on how you’ll get home, with a licensed taxi or cab, and with people that you trust. Remember that lone men can be vulnerable too.
- 10 Remember, drinking too much too quickly can affect your breathing, heart rate, body temperature, and gag reflex, and potentially lead to a coma and death.

## Vape Spiking: Stay Alert!

There has been a recent rise in vape spiking cases, with victims complaining of debilitating symptoms - including hallucinations, and loss of body control and consciousness.

Whilst at a party or an event, it can be easy to share your vape with strangers who may ask for a puff or offer you theirs, however, sharing could instantly leave you susceptible to vape spiking. Vape spiking entails lacing vapes with dangerous substances such as **vaporised LSD**, which can lead to serious health implications.

**Keep safe! Don't share your vape, don't accept vapes from strangers and if you find a vape you dropped or lost, don't smoke it again.**

**IF YOU ARE EVER CONCERNED ABOUT THE SAFETY OF YOURSELF OR SOMEONE ELSE CALL 999 IMMEDIATELY**

# Looking after your Mental Health

Christmas can be a joyful time of the year, filled with festivities, food, parties, and time with loved ones. However, for some people, it can also be one of the hardest times of the year. Christmas can bring about feelings of obligation and over-commitment to social plans.

Some people may experience anxiety, loneliness, and isolation. Others may find the disruption to their routines destabilising.

If you need someone to talk to then **Samaritans** are available on **116 123** for free, 24/7. They are there to talk to and listen, and they won't judge or tell you what to do.

**Kooth.com** is an online counselling, advice, and support service for young people. It's free, safe, and anonymous.

For support in a crisis, **Text Shout to 85258 (Free and 24/7)**. If you're experiencing a personal crisis, are unable to cope and need support. Shout can help with urgent issues such as Suicidal thoughts, abuse or assault, self-harm, bullying, domestic violence, or relationship challenges.

If you are feeling like ending your life, please **call 999 or go to A&E** and ask for the contact of the nearest crisis resolution team. These are teams of mental health care professionals who work with people in severe distress and will help and support you.

If alcohol, vaping or any other substance use is affecting your health, family, relationships, school, work, finances, or other life situations, or you're concerned about a loved one, you can find help and support.

**The EDAS/REACH Young People's Service are here to help. Get in touch with us on 01202 741414 or 0800 0434656 – Option 2.**



EDAS.ReachYP



edasreach.yip



ypreferrals@edasuk.org



www.edasuk.org/yp

