

UWE Wellbeing Service

Drugs

Do you have concerns about your drug use? Is your drug use causing you problems? Are you spending a lot of time using and recovering from the effects of drugs?

The best way to minimise harm from drug use is not to use them, but for some students experimenting with drugs can be seen as part of the student experience.

If you do experiment with drugs, it is important to find out as much as you can about what you're using and the associated risks. Also be mindful that mixing drugs can increase the risks, as can mixing drugs with alcohol.

It can be helpful as a starting point to monitor your drug use by the use of a drug diary, and by deciding what your goals are in relation to reducing or stopping your use.

For some students getting support from a specialist drugs agency may be helpful. There is an excellent range of drug services, providing services to people habitually using drugs.

Support Services

- **Bristol Drugs Project** – the first point of contact for anyone seeking treatment and support. www.bdp.org.uk
- **Addiction Recovery Agency** – treatment and support services working to reduce harm caused by substance misuse in and around Bristol www.addictionrecovery.org.uk
- **Narcotics Anonymous** – a society for people for whom drugs has become a major problem. Recovering addicts who meet regularly for peer support www.ukna.org
- **The Care Forum** – free drug and alcohol advocacy support services for people in Bristol www.thecareforum.org Email: admin@thecareforum.org.uk Tel: 0117 965 4444
- **Get Self-help** – clear, practical, evidence-based advice for understanding and managing a range of problems including addiction and alcohol misuse www.get.gg

Websites

- **Talk to Frank** – free, confidential drugs advice www.talktofrank.com
- **Advice and Counselling on Alcohol and Drug Abuse** – information on drug and alcohol abuse www.acad.org.uk

UWE library

- McIntosh, J. (2002) **Beating the dragon**: the recovery from dependent drug use. Available at Glenside and Alexandra Warehouse [shelf: 362.29 MAC](#)