

# Looking after yourself at university

## Are you.....

- New to Newcastle and/or recently moved away from home?
- Not with your usual friends who would look after you and support you to make safe decisions?
- Struggling with Covid-19 restrictions?
- Drinking more alcohol than usual?
- Tempted to use drugs to cope with how you are feeling just now or to fit in with your new surroundings?
- Feeling pressured to take drugs?
- Worried about your friends being pressured to use drugs?

## This may make you.....

- Feel isolated and lonely
- Listen to or trust people you don't know well which may put you at risk of harm
- Drink more alcohol which will have a negative impact on your decision making and increase your risk
- Be tempted to take drugs
- Take drugs that could cause serious harm or even death
- Become more vulnerable or do things you would not normally do

## What you can do.....

- Keep in regular contact with your family
- Keep in contact with your friends from home and give yourself time to make friends you can trust at university
- Find things to do during Covid 19 restrictions that are not drink/drugs related
- If you drink alcohol, stick to recommended limits and drink with people you feel safe with
- Contact your Student Welfare Office if you have concerns about your health or wellbeing
- **Don't take drugs** – no illicit substance is safe and you cannot be sure what the substance contains which is why we advise people not to use them
- Think about how you would respond if someone offers you drugs so you know what to say – be prepared for how you will deal with it
- Say no firmly and clearly without it becoming an issue. If they try to persuade you, don't feel like you have to change your mind
- If you are worried about your friends, don't keep it to yourself, talk to them, or someone you trust
- Remember, it's easy to think you're the only one who has not tried drugs but actually, most young people don't take drugs

## If you do use drugs....

- Whilst it is always safest not to use, if you do use drugs, you can contact local services (number below) who can give you advice on looking after yourself and staying as safe as possible

## If you need information, advice or support

**FRANK** [www.talktofrank.com](http://www.talktofrank.com)

Phone 0300 123 6600 - call FRANK 24 hours a day, 7 days a week

Text 82111 - text a question and FRANK will text you back

## For advice or support around drug or alcohol use



**Newcastle Treatment and Recovery Service (NTaR)**

Tel: 0191 206 1117

Monday to Friday 10am - 4pm

Email: [NTARreferrals@cntw.nhs.uk](mailto:NTARreferrals@cntw.nhs.uk) at any time

Please make it clear you are a University student and include a phone number. We have a dedicated Young Adults Team and someone will get back to you within 24 hours

If you have been affected by your/someone else's drug use, you can talk to your Student Welfare Office or contact your local service (above) who will be able to offer you advice and support.

## In an emergency

- **Dial 999 immediately if you are with someone who is suffering a suspected overdose**
- **If the person is unconscious, put them in the recovery position and stay with them until help arrives**