



## DRUGS and ALCOHOL ABUSE

### DnA is a new support service for YMCA residents

Most of the time our recreational drinking and drug use is part of our social scene and we are in total control of how much we indulge. However, for some of us, drug and alcohol use can get in the way of work, studying or family. Then again, we can be affected by someone else's use.

The YMCA has secured funding to run a project that aims to work with any YMCA resident who feels they could benefit from additional support in this area. We now have **on-site** a fully qualified worker, David, who has access to all the local drug and alcohol services and more. Maybe you need information, questions answered or practical help. Perhaps you need a **confidential** space to talk with someone who really, really listens. All this is available to you **now**.

You can pop in and see our worker at the following times:

Monday	5.00pm – 8.00pm
Wednesday	9.00am – 12.00 midday
Friday	7.00pm – 10.00pm
Sunday	12.00 midday – 3.00pm

If you are unsure as to whether you might be experiencing difficulties, here are a few indicators that might signify that drugs and alcohol have become a problem:

- You regularly use to - cope with anger, frustration, anxiety or depression
- You regularly use to- feel confident
- Your use affects your relationships with other people
- Your use makes you feel disgusted, angry, or suicidal
- You hide the amount you use from friends and family
- Others tell you that, when you use, you become gloomy, embittered or aggressive
- You need to use more and more to feel good
- You stop doing other things to spend more time using