

HELPLINE LINK

Home Violence, Bullying, Drug & Alcohol Dependency, Money – anything. We listen, and then link you with Professional Organisations that can help

SNAP, a mature organisation of 20 years plus, has charity status, and trustee accountability giving it the strategic flexibility to respond to its changing environment by continually refreshing its services.

WHAT SERVICE CAN SNAP OFFER?

- Someone to talk and confide with.
- Friendly and constructive advice.
- Complete confidentiality.
- Understanding Advisors



Ring SNAP

01480 396500

or email

anne@snapdomesticviolence.org.uk
rosemary@snapdomesticviolence.org.uk

Disclaimer: The identity of and all information provided by clients of SNAP shall be treated as confidential except in the case of a "serious criminal offence" or "endangerment of a child" in which case we are morally obliged to convey the matter to the relevant statutory body.

WE NEED AND APPRECIATE YOUR HELP!

- I can help
- I am sending my gift of £.....
- I can Volunteer
- I can donate
- I would like a Speaker for my group

Name: _____
Address: _____

Postcode: _____
Telephone: _____

Please return to:

SNAP
PO Box 57
St Neots
Cambridgeshire
PE19 1AA

www.snapdomesticviolence.org.uk

Registered Charity No. 1082185

Patrons:

Pat Gregory - Ex-Mayor of St. Neots,
David Harty - St. Neots Town, District & County councillor
Lord Vincent Constantine B.KTO.



BREAKING THE CYCLE

SNAP

01480 396500

This Helpline enables young people to make contact to services and people who can help them make changes to put their life back on course and become a valued member of their community

www.snapdomesticviolence.org.uk

TORTURED PERSON...

- *It's wrong, it's immoral, you know you shouldn't ...*
- *Think of the consequences!*
- *What would your family say – your mum and dad
It would break their heart to know!*

LISTEN to me!!!! You know the facts. It's dangerous.

ME...

- *The world is wrong. It has a narrow minded taboo approach to drugs when really, I just take them for fun.*
- *Nothing will happen to me – I'm safe.*
- *Everyone is against me. No one truly understands. People say it's the drugs that make me paranoid but really they're all looking down at me thinking that I'm pathetic and good for nothing.*
- *I have no friends apart from the ones I'm with now. They really understand me and they get what's going through my head. I can talk to them about anything!*

PARENTS ...

- *We don't understand. You're never here, always out with friends late at night and when you come back you're like a zombie.*
- *There's no communication - not even a glance.*
- *We can't take the lies and the secrets anymore and the feeling that we're losing our child.*
- *It's almost as if you're not there – the lights are on but no one is home.*

ME...

- *Things are getting harder – I can't live without a high.*
- *All of my mates have gone. There's no one left to understand me – just me, alone!*
- *I just wish I could break the cycle and start again.*

THE WAY FORWARD...

People take drugs for many different reasons. What starts out as a one off because of anger and hurt or maybe just for fun can swiftly develop into a lifetime habit and it can be very, very difficult to 'break the cycle'.

- Help is at hand.
- A simple phone call could be all it takes to start you on the road to recovery.
- There are many agencies available to help people with not only getting off a substance, but also with aftercare, finding housing, a job and not falling back into old habits.

You control your future – don't be afraid to ask for help.

Source: Matt Jenkins

EFFECTS OF AMPHETAMINES – In the short-term the effects range from alertness, lack of appetite, dilated pupils and sweating to tiredness, paranoia and fits. Longer-term use can result in chronic sleep problems, anxiety and problems with the heart and blood pressure. Some long-term users become anorexic and frequent heavy use can lead to 'amphetamine psychoses' involving paranoia, hallucinations and bizarre behaviour.

EFFECTS OF COCAINE – In the short-term senses can be heightened and users become more talkative and energetic and don't feel the need for basics such as food, water and sleep – users can become malnourished. Pupils become dilated, body temperature rises and heart rate and blood pressure increase. Heavy use of cocaine can cause chest pain, heart problems and convulsions and if taken in large doses it can be fatal.

EFFECTS OF ECSTASY – On the down side the pupils can become dilated, the jaw tightens and the mouth and throat will become dry as the user starts to sweat more (as a result of prolonged dancing or other activity). The blood pressure and heart rate increase and a loss of appetite are common. Adverse effects include feeling anxious and panicky, confused and disoriented. Some people may even experience hallucinations and suffer from depression. Physically, ecstasy can cause muscle tension, involuntary teeth clenching, nausea, blurred vision, dehydration, heart attack, kidney failure and an increase in body temperature.

EFFECTS OF HEROIN – In the short-term, the opiate effect leads to an inability to concentrate, apathy and drowsiness. One of the most noticeable effects is on the pupils of the eye which become pinpoints as the drug causes them to contract. Long-term effects rear their ugly head after repeated use. Users develop a physical and psychological dependence and as they learn to tolerate heroin their body

(continued)

craves more to achieve the original intensity and effect. Chronic users may develop collapsed veins because they have injected too often, infection of the heart lining and valves, abscesses, cellulites and liver disease. In addition, to the effects of the drug itself, street heroin may have additives that do not dissolve in the blood stream which can result in the blood vessels leading to the lungs, kidneys and brain becoming clogged up. This in turn can lead to life threatening infections.

EFFECTS OF LSD – It's not considered an addictive drug as it doesn't produce the compulsive drug seeking behaviour of cocaine or heroin and is known to become less effective if taken several days in a row. However, some people have died through accidents when on a trip – believing they can fly, for example, or walking in front of vehicles because they're not aware of the danger. The problems associated with its use are mainly psychological as the user learns to tolerate the drug. Severe anxiety can develop. Some users find themselves crying uncontrollably while others say they experience paranoia about being watched and talked about even while sitting alone in an empty room. The drug can also aggravate underlying problems such as anxiety, depression and schizophrenia.

EFFECTS OF OPIATES AND OPIOIDS – In larger doses, the user goes into an alternately agitated and drowsy state, the pupils contract to pinpoints and the skin goes cold and blue. Breathing could slow down to such an extent that death could occur. Long term use of injecting opiates could lead to heart problems as the valves become infected from un-sterile needles, vein collapse and obviously there is the threat of HIV and hepatitis from using unclean equipment. Other long-term effects include confusion, weight loss, liver problems and possible brain damage.

Source: <http://www.guide4living.com/drugabuse/pcp.htm>