

Year 8 Drinks and drugs

Sources of support and further information



Alcohol Change

UK charity aiming to reduce the harm caused by alcohol



Childline

Charity offering confidential support via phone and chat



Drinkaware

UK charity which aims to reduce alcohol-related harm



Energy Drinks Facts

Provides information on the ingredients, health risks, and impact of energy drinks



Frank

Drug advice service, created by the UK government



Health for Teens

NHS website aimed at young people, offering advice on a range of health topics



NHS

Publicly funded healthcare system offering various services



NICE

Provides guidance and information services around health and social care issues



Talk About Alcohol

Information and advice for young people about drinking alcohol