



## Did you know?

- There are many different types of drugs.
- Some make you feel relaxed. Some give you energy.
- Some can change the way you see things.
- Some make you feel happy and some make you feel down.
- Some can make you confused or scared, and some can make you feel sleepy.
- Illegal drugs can seriously damage your health.

## What you need to know about drugs

- Once you have started taking some drugs it can be very hard to stop and you may need some help.
- Some drugs are illegal.
- The police can arrest you if you have these drugs.
- Giving and selling drugs is also illegal. You get into a lot of trouble for doing this.

## What if I am worried?

- If you have any questions or worries about drugs, talk to someone. This could be a family member, carer, care worker, nurse, or doctor.
- You can also call Kirklees Drug and Alcohol Action Team (DAAT) on 01484 464130 or contact PALS on 01484 464464.