



Drug and alcohol support for **young people**

Time to make a change?

Is your cannabis use starting to get you down, causing your family and friends to worry or affecting you at work or school? If this sounds like you it may be time to cut back.

Try these top tips to make a change

Give it some thought:

Making a change is tough. Spend some time thinking about what you will miss about cannabis and what will be better in your life if you cut back or stop. Think about what you want to achieve and by when.

Set a date:

Pick a date to stop or reduce and stick to it.

Avoid people or places where you are more likely to use:

This can be really hard but for a while you may need to avoid certain people (you know who...) completely. If you're worried about that, let them know what you're doing and that you're not being rude. Real mates will help and support you.

You might find it harder than you think:

Be prepared to feel fed up, angry, have problems sleeping etc. This is normal and will only last a few days.

Try to have drug free days:

Most people who have problems with their cannabis use never planned for this to happen. Over time people need to use more to get the same effect. Eventually they may want to stop but find they can't. By not smoking every day, people can help reduce their risk of becoming dependent.

Be kind to yourself:

Yes this is hard. But you will feel better for it. You'll have more energy, find it easier to get up in a morning and have more money!! Use the money you've saved to treat yourself to some new clothes or a video game and reward yourself for your success!

If you're still struggling, and want to meet a member of the team contact us on 01744 675605 to arrange a chat.