



# SUBSTANCE MISUSE

## What is a drug?

*“ A substance people take to change the way they feel, think or behave.”*

Department for Children, Schools & Families (February 04)

## Drug Use & Misuse

**Use:** Drug taking, including consuming alcohol, taking medication or using illegal drugs. There are always potential harms, although these may not be immediately apparent. Drug use will require interventions such as management, education, advice and information, and prevention work to reduce the potential for harm.

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**Misuse:** Drug taking which leads a person to experience social, psychological, physical or legal problems related to intoxication or regular excessive consumption and/or dependence. It may be part of a wider spectrum of problematic or harmful behaviour and require specific interventions, including treatment.

## Types of Addiction

### Psychological:

Using a drug as a coping mechanism. Users feel they could not cope without the substance – even though they may not be physically dependent upon it. More common than physical addiction.



## **Physical:**

Heavy and continual use changes body chemistry so that if repeated doses are not given, the user suffers physical withdrawal symptoms. These are often akin to the flu / food poisoning: shivers, shakes, diahorrea, nausea, insomnia, sweating, etc.

## **DRUGS AND THE LAW**

<b>CLASS A</b>	<b>CLASS B</b>	<b>CLASS C</b>
LCD	BARBITURATES	TRANQUILLISERS
MAGIC MUSHROOMS	AMPHETAMINES	GHB/GBL
HEROIN	MEPHEDRONE	ANABOLIC STEROIDS
COCAINE	CODEINE	ROHYPNOL
CRACK	RITALIN	KETAMINE
ECSTASY	CANNABIS	
METHADONE	NAPHYROME (NRG1)	
METHAMPHET		
OPIUM		

For up to date information on drugs and the law visit the FRANK website, [www.talktofrank.com](http://www.talktofrank.com)