



Drug and Alcohol information and support for young people and their families.

Even during the COVID19 epidemic young people are accessing and continuing to use substances and the risks are still there. This might be you!

As part of our COVID19 response, we wanted let you know that Unity is continuing to support young people and their families across Norfolk, but in different ways. Our staff are working from home with all our offices temporarily closed. Face to face work has been temporarily suspended with the exception of essential welfare checks where necessary.

We continue to operate our telephone helpline during office hours Monday – Friday. If you have a concerns about a young person (which may be yourself) who is using substances or who is being affected by someone else’s use of substances, please call on **0800 9704866** to speak to one of our workers. This number is for parents/guardians and young people themselves if wish to access advice guidance and support. Alternatively, you can email unity@matthewproject.org and we will respond within 24 hours.

We’ve put together some short videos and a link to some resources that may give you or someone else you know something to think about!

There are also some handy tips below to ‘Stay Off Cannabis’

Facts about Cannabis!

https://matthewproject-my.sharepoint.com/:v/g/person/luke_adcock_matthewproject_org/EcmA9nor5nJEmp-ke2eV3zYBjsJ3h0aqvvS4RANM6Up1wA?e=LZ7jbE

You will need to download and save the above TikTok video before pressing open – but please do its worth the watch.

Some of our resources

<https://www.matthewproject.org/resources>

Now you've watched the video and seen some Facts...Here is some Top Tips to Stay off Cannabis

Remove Temptation Give that secret hiding spot a clear out. Dump the pipes, papers, bongs, ashtrays and especially the 'weed'! What do you need any of that stuff for? You've quit so commit to that decision by clearing out the 'weed' paraphernalia.

Your dealer is not your friend You know that creepy guy who has been getting 20% of your income for the past decade....Yes him - that's right he is not your lifelong friend. He'll want to protect his income so change your number and lose his.

You're not 'giving up' anything A change of mindset is required. You are not missing out on anything - quite the reverse in fact. So be positive about your 'weed' free future - you've just be given loads of money and extra 10 years of life....start celebrating!

What 'smoking buddies' There is no such thing. Associates with whom the only common interest you shared was one of getting stoned, are no longer required. Their agenda is different to yours and you need to move away from the obvious risk of being in their company if you wish to be successful.

Mind and body are one So you have been neglecting your fitness? Time to get back in shape. Nothing to strenuous to begin with - just some fresh air and walking. You need time to adapt so take it easy, but get started.

Cleanse the toxins Years of inhaling smoke has altered the balance of your body. It's time to 'take out the trash' You know the drill....drink water, eat fresh fruit and vegetables, cut down on the alcohol, avoid the junk food. Skin & hair will soon be looking great!

Use that free time You've now got spare hours, but don't let them become a chore. Channel flicking is no substitute for achieving goals. So set yourself a project that uses up the extra 20 hours a week you've now been gifted.

Celebrate your success You have done fantastically well to make the break from cannabis and regain control of your life. So celebrate the fact. Send yourself a daily email reminder congratulating a very special person for their success.

Tell others how wonderful it is Be an evangelist for not smoking cannabis! Tell others, help others, share your success, and spread the word. It will make you feel great and reconfirm your fantastic decision.

Never 'test' your resolve There is a bizarre trick that your mind will try and play on you whereby it sets up a challenge to your willpower. Don't be tricked - you really do not need to have a puff to prove that you do not need to have a puff! Recognise that the 'rational you' is in control and always will be.