

# Smoking, Drugs & Alcohol

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You can click on the 'Support' tab of our website and scroll down to 'NHS tools' where you can find some more advice and guidance on the following subjects.



## Smoking

The pressures today on looking good are all around us. How does my hair look? Do I smell? Does my skin look healthy? Most girls and some guys can spend hours preparing for a night out or a hot date, but the truth is why bother? Smoking makes you look worse.

- Your skin can dull and with time get more wrinkles.
- Your waist can grow as smoking makes you store fat, who wants a 'muffin top'?
- Your teeth end up with nicotine stains, as well as gum disease.
- Your hair is starved of oxygen making it lifeless.
- Your smell is really bad! Stinky breath, smelly hair and clothes.

Of course we haven't mentioned all the health risks associated with smoking such as Cancer, Heart Disease, Impotence and breathing problems. Did we also mention how much money you are wasting?

If you would like help to quit smoking ask for an appointment with one of our nurses, who can give you tips and support. Our waiting room has a number of leaflets to help as well.

Alternatively there are a number of other organisations such as NHS Smoking Helpline 0800 1690169 or visit [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk) or [www.quitwithhelp.co.uk](http://www.quitwithhelp.co.uk)



We can offer you friendly, confidential advice on any subject related to drugs, but normally we would like to refer you to a more specialist team. [www.talktofrank.com](http://www.talktofrank.com) (there is a link under the 'Useful Links' heading), is full of information about what drugs are, dealing with pressures from your mates, looking after yourself and what to do if things go wrong and where to get help. You can call them on 0800 77 66 00 or email [frank@talktofrank.com](mailto:frank@talktofrank.com).



## **Alcohol**

The legal age to buy alcohol is 18. It is important that you understand what a sensible amount of alcohol to drink is and that you always have days which are alcohol free. See the tools in our 'Support tab' to help you count units and track your intake. Of course if you want to you can make an appointment with one of our nurse or doctors they can support you if you feel you are drinking too much. We can refer you to more specialist teams too.