



**nurse
anna**

Drugs and ABI

Recreational drugs are very different to the drugs you have in hospital. In hospital you were given legal medical drugs to make you better and improve your chances of surviving your ABI. Recreational drugs are mostly illegal and used for something entirely different.

There can be lots of reasons as to why people take drugs:

- Maybe they want to see what it is like
- Maybe they do it because their friends do it
- Maybe they like the feeling it gives them
- Some people take drugs to make themselves feel better because life is difficult.

There are lots of different types of drugs. They often have 'street names' so there can be lots of names for any one particular drug. Cannabis can be called 'weed', 'skunk', 'puff' and 'draw' to mention just a few. Whatever the street name, people need to know what they are taking.

Taking drugs can make you feel high or some drugs make you feel chilled out. The drugs act on chemicals in the brain to make you feel high or low. Having an ABI can change the way your brain is working and by taking drugs this can lead to other problems. Much like alcohol, drugs are likely to affect your brain much more seriously after an ABI, and taking drugs could become really frightening. You have your ABI to get over so it is really important that you think carefully about what you put into your body.

Like drinking, people who take drugs can get themselves into some really tricky situations that they would rather not be in. Some drugs are addictive, which means people need to take them everyday. Drug use can lead to bigger problems like crime, serious infection and depression.

There is lots of information about drugs at:

www.teenagehealthfreak.co.uk or if you want to know much more try:
www.askfrank.co.uk

