

YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

FRANK

Provides lots of information, advice and young people's stories



Provides free 24/7 support

Call for free
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Alcohol



All about alcohol

The UK Chief Medical Officers advise that during childhood it is the healthiest and best option for a child to be alcohol-free.

It is against the law for anyone under the age of 18 to buy alcohol from a supermarket, an off-licence or in a pub.

If you are under 18 the police have the power to stop you, in a public place, and confiscate any alcohol you may have. If you are repeatedly caught you may be prosecuted.

Don't let people pressure you into drinking alcohol. It will harm your body. However, if you do drink then try to stick to safe drinking guidelines.

Alcohol can exaggerate whatever mood you are in when you start drinking.

The effects of alcohol are dependant upon how much you drink, your size, what you have eaten and whether you have taken anything else.

Alcohol is broken down by the liver at the rate of about 1 unit per hour. 1 unit = half pint lager

What are the risks of drinking alcohol?

Alcohol will affect your judgement and could cause you to take risks that you would not take without alcohol.

Some alcohol can be counterfeit which means it is not real alcohol and could make you seriously ill.

Alcohol increases testosterone which increases aggression.

Binge drinking can cause mental health problems such as depression and anxiety.

If you drink too much alcohol you could end up in hospital, in a coma or it could even kill you.

Long term effects of drinking too much alcohol can cause damage to your body and organs.

Worried about your own or somebody else's drinking?

There is lots of help and support out there for you. Talk to an adult who you trust, a school staff member, family member or a carer.

There are lots of things you can do to reduce your drinking.

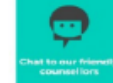
If you are worried about someone else's drinking there are people who you can talk to.

What other support is there ?

Remember you are not alone. There is lots of support out there and people can help things get better for you again.

kooth

On Kooth you can



Chat to our friendly counsellors



Read articles written by young people



Get support from the kooth community



Write in a daily journal

Helpline, web chat, email support

Text mermaids to 85258

Lots of support and advice

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Your Organisation

Childline are here to talk to you
24/7

Chat online

Call free