

# YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

# FRANK

Provides lots of information, advice and young peoples 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'



## Cannabis



## All about cannabis

Cannabis is a Class B drug. It is illegal to have for yourself, to give to somebody else and to sell.

Possession of cannabis can mean up to 5 years in prison, an unlimited fine or both.

Supplying cannabis to another person including friends can mean up to 14 years in prison, an unlimited fine or both.

Cannabis comes under the discretionary warning scheme meaning that a police officer can choose to issue you with a street warning only if it's your first time being caught with an illegal drug, you only have a small amount and admit that the cannabis is for your own use only.

If you are caught with cannabis and it is your second offence the police can issue you a on the spot fine of £80.

If you are caught a third time you will be arrested and taken to the police station.

The effects of cannabis are dependent upon how much you have taken, your size and whether you have eaten.

## What are the physical risks of cannabis?

- make you cough painfully or uncomfortably
- make you wheeze and out of breath
- affect your fertility (sperm)
- increase the risk of cardiovascular disease and stroke
- affect your blood pressure
- increase the risk of lung cancer
- affect memory and movement

## Does cannabis affect your mental health?

- make you have hallucinations (where you see things that are not really there) and delusions (believe things that are not really true)
- make you anxious or panicky
- give you mood swings
- disturb your sleep
- increase your chances of developing a psychotic illness such as schizophrenia
- affect your motivation

If you think you need help talk to someone you trust, school staff, a family member/carer

## What other support is there?

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

# kooth

### On Kooth you can



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

Childline are here to talk to you  
24/7

Chat online  
Call free