

YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

PRANK

Provides lots of information, advice

THE MIX

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'



Nitrous oxide



All about nitrous oxide

Nitrous oxide is a colourless gas, it is often called 'laughing gas' or 'happy gas'.

The gas is often put into a container (which is usually a balloon) and inhaled.

Inhaling nitrous oxide directly from a canister can cause a spasm of the throat muscle and stop a person from being able to breathe. So, it is very dangerous!

Nitrous oxide slows down your body and brain's responses.

Nitrous oxide is a short acting drug

What is the law around nitrous oxide?

Nitrous oxide is a psychoactive drug, so it is illegal to give away or sell.

This includes giving it away to your friends or selling it for another person.

Supplying or producing the drug or production can mean:

up to 7 years in prison, an unlimited fine or both.

Why are the risks of taking nitrous oxide?

-taking in too much nitrous oxide can cause a person to become unconscious or suffocate from lack of oxygen.

-some people have died from using the substance.

-it can cause you to become dizzy which can make you act carelessly.

-regular use can stop white blood cells properly forming.

-it can give you a severe headache and stop you thinking straight.

-cause feelings of paranoia

What if I have taken nitrous oxide?

Talk to someone who you trust, a school staff member, a family member or a carer.

If you have taken nitrous oxide and feel unwell or a friend has and feels unwell call 999 immediately and seek medical advice/help.

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



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Text 85258

Lots of support and advice

childline

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Your Organisation
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