

**www.clubdrugs.org**

Contains a special section on ecstasy with pictures showing the brain changes that take place upon ingestion.

**www.drughelp.org**

Private, nonprofit information on specific drugs and treatment, as well as referrals to private and public treatment programs.

**www.macad.com**

The website of the Council on Alcohol and Drugs, it indicates programs and materials of substance abuse prevention.

**Here are some TELL-TALE signs that may indicate possible drug use**

1. Wearing sun glasses (to conceal dilated, constricted or bloodshot eyes)
2. Wearing long sleeve shirts in warm weather (to hide needle marks)
3. Long stays in th bathroom (possible drug ingestion)
4. Frequently late for work and other appointments
5. Sweating profusely, even on cold days (physical reaction to drug abuse such as heroin abuse)
6. Burns on fingers, furniture and clothing
7. Teary eyes (withdrawal symptom)
8. Unnecessary or obvious lying (to cover up drug use)
9. Unexplained spending of unusual amounts of money
10. Falling asleep (drowsiness, lethargy)

For more information (and material) regarding substance misuse, as well as preventive services offered to the general public, please call our Prevention Team on 21 244 226 or e-mail on: [sedqa.prevention@nextgen.net.mt](mailto:sedqa.prevention@nextgen.net.mt)

**Here are some useful Telephone Numbers:**

**Sedqa**

<b>Sedqa Head Office:</b>	<b>21 441 014</b>
<b>Substance Misuse Out-Patient</b>	<b>21 255 096</b>
<b>Drugs Community Team</b>	<b>21 487 697</b>
<b>Alcohol Community Team</b>	<b>21 487 697</b>
<b>Family Team</b>	<b>21 421 193</b>
<b>Primary Prevention Team</b>	<b>21 244 226</b>
<b>Secondary Prevention Team</b>	<b>21 441 215</b>

**Other Agencies**

<b>Alcoholics Anonymous</b>	<b>21 239264</b>
<b>Appogg</b>	<b>21 226 066</b>
<b>Caritas (Malta)</b>	<b>21 245 358</b>
<b>Gamblers Anonymous</b>	<b>21 233 933</b>
<b>Health Promotion Dept.</b>	<b>21 245 524</b>
<b>Narcotics Anonymous</b>	<b>21 246 478</b>



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Foundation For Social Welfare Services  
[www.sedqa.org.mt](http://www.sedqa.org.mt)

# PAPER CUT



## Quick Words



## A Healthy Conversation Can Help Raise Drug-Free Teenagers

Talking with teenagers about drugs can be a challenge, but if that teenager is your son or daughter, it can be slightly easier if you follow one simple rule: know your teenager. Know what motivates him/her and recognize his/her unique strengths.

Teenagers state that they turn to alcohol and other illicit drugs for one or more of the following reasons:

1. To do what their friends are doing
2. To fit in
3. To escape emotional pain in their lives
4. Because they are curious
5. To take risks

### The Conversation

**1. Understand your teenager's traits, and tailor the discussion to suit his/her personality:** Lecturing about the dangers of drug use without respecting his/her particular needs may not make the right impression. Efforts to transform him/her into a placid young man or woman can sometimes be counterproductive. Help him/her identify role models that have successfully incorporated risk-taking in their lives, and do not discourage daring. Instead, use the teenager's strengths and help channel them in a positive way such as sports, music or art.

**2. Choose the right time, place, and tone of voice:** With a subject as delicate as drug use, avoid a 'harsh start-up', i.e. a condemning tone of voice. This often leads to misunderstanding and therefore in defensiveness and hard feelings. Choose a time when you are both calm, use a softer tone of voice, and make him/her feel secure enough for self-expression. To do this, it is also very important to educate yourself with the facts about the various drugs, what they look like and their effects. This can only make you more credible and well-informed in your teenager's eyes.

**3. Do not repress emotions:** Make him/her feel free and safe to express the various emotions without fear of criticism. Then, help him/her deal with these same emotions. Teach the teenager to use techniques such as positive self-talk and relaxation methods, and model them yourself when your own emotions are high.



Sedqa helpline 151

### Alcohol and Prescription Drug Addiction A Hidden Epidemic

Addiction to alcohol and psychoactive prescription drugs is unfortunately a hidden problem, difficult to trace and often found among older women.

Furthermore, only a small percentage of such women receive treatment for such abuse.

Prescriptions for psychoactive (mood-altering) drugs such as tranquillizers and sleeping pills, are taken for longer periods than prescribed, and doses are increased with no approval by the doctor.

A tendency is that such abuse especially among older female patients goes unrecognized and is instead diagnosed as depression.

The situation is described as a 'hidden' epidemic, since such people are often reluctant to seek help because of society's stigmas and a pervasive fear of perturbing their family.

Families and friends are also reluctant to accept the reality of a mother (or a family member) who may be abusing alcohol and/or medication and is addicted to it. Or sometimes do not know what to do about it.

Here are some tips:

1. **Seek professional help** if you, a family, or a friend has a problem with alcohol or excessive intake of prescription drugs.

2. **Talk to somebody who cares.** Do not isolate yourselves, since problems are often magnified by loneliness. It is not shameful to open up with others. We all have our weaknesses and it is what makes us human after all. Family members and friends will feel more betrayed and ridden by guilt if they are not confided in.

3. **Medication is not the solution to all ailments**, and always seek a second opinion from other professionals.

4. **Seek professional psychological support** and talk about it if substance abuse is affecting your personal and social life,

5. **Age is irrelevant.** It is never too late to shed the baggage and get back on your feet. Believe in yourself, you are worth it! And if not so much in yourself, believe in those significant people whose life you daily give colour to with your own beauty.

For more information, **sedqa** are @  
3, Braille Str. St. Venera HMR 11  
Tel: 21 441 014

Web: [www.sedqa.org.mt](http://www.sedqa.org.mt)  
E-mail: [sedqa@sedqa.org.mt](mailto:sedqa@sedqa.org.mt)

**Here are some internet sites we found to be particularly resourceful:**

**[www.drugabuse.gov](http://www.drugabuse.gov)**

The National Institute on Drug Abuse (NIDA) website containing an array of information for students, adults, parents and teachers alike.

**[www.dancesafe.com](http://www.dancesafe.com)**

The website of a harm reduction organisation aiming at promoting health and safety within the dance culture community.