**SUBSTANCE MISUSE**

*What is substance misuse?*

*Substances includes:*

* *Tobacco*
* *Alcohol*
* *Caffeine*
* *Volatile substances*
* *Prescribed medication*
* *"Over the counter" medication*
* *Illicit substances e.g. cannabis, ecstasy, heroin including that of so called ‘legal highs’*

Substance misuse refers to the harmful or hazardous use of psychoactive substances, whether that be alcohol and illicit drugs, prescribed medications or medication purchased over the counter. Substance misuse can lead to dependence, introducing a collection of behavioural, cognitive, and physiological occurrences that develop after repeated use.

*How to get help*

Speak to any member of College staff or speak to the College Safeguarding Team on 01226 216 142 or via email at [safeguarding@barnsley.ac.uk](mailto:safeguarding@barnsley.ac.uk)

*Other support*

Talk to Frank – 0800 776 600

<nspcc.org.uk> – 0808 800 5000

Childline – 0800 1111 (24 hours)