

Signposting and Guidance
Drugs and Alcohol

Manchester Support

- **Eclipse** is a free and confidential drug and alcohol service for young people under 19 and families in Manchester. <https://www.changegrowlive.org/eclipse-manchester>

Information

- **Mentor ADEPIS – Alcohol and Drug Education and Prevention Service** offers information and resources for schools and practitioners working in drug and alcohol prevention.
- **Drinkaware** is an independent charity working to reduce alcohol misuse and harm in the UK. We're here to help people make better choices about drinking. <https://www.drinkaware.co.uk/>
- **FRANK** is a national drug education service for young people which includes a website with an A-Z of drugs, a telephone helpline and information to access local counselling and treatment. <https://www.talktofrank.com/>
- **NHS Smoke Free** offers advice, information and links to local expert support.
- **Re-Solv** is a national charity dedicated to the prevention of solvent and volatile substance abuse.
- **Rise Above** is a health and wellbeing website for young people. 'Rise Above' tackles topics that young people are most concerned about, such as puberty, relationships, alcohol, self-harm, smoking, contraceptive choices, drugs, body confidence, peer pressure and mental health.

National Support

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Resources

- **Quality Standards for Drugs Education** highlights preventative approaches and approaches for drugs education that have no effect or that can be counterproductive: <http://mentor-adepis.org/quality-standards-effective-alcohol-drug-education/>
- **Unplugged** is an evidence-based programme designed to equip young people with specific skills and resources that they need to resist social influences and to support knowledge about drugs and their adverse health consequences. <http://mentor-adepis.org/unplugged/>
- **KS2 and KS3 Lesson Plans** from Mentor ADEPIS <http://mentor-adepis.org/lesson-plans/>
- **Public Health England lesson plans including alcohol and smoking:** <https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>