

Drug misuse is drug / alcohol / or prescription drug taking that causes harm to the person, their family and friends or their community.

Signs of using drugs or drinking

→ Being stoned or drunk



→ Having mood changes

→ Being tired / Sleeping strange hours



→ Having no appetite or having "the munchies"



→ Staying out late /changing routine

→ Losing interest in friends and hobbies



→ Having new friends

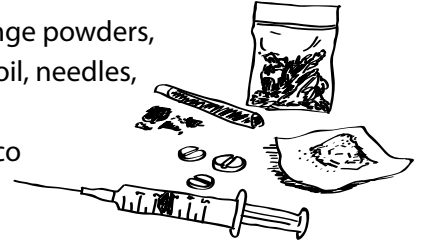


→ Being secretive



→ Robbing and selling other peoples' things

→ Having strange powders, tablets, tin foil, needles, roly papers, loose tobacco



→ marks on body, not washing as much, clothes stains

These signs may be "normal" changes but if you are worried ring the TVG project for advice

086 - 6084659

Are you or a family member...

- drinking or using more drugs than you want to?
- craving them alot?
- using them to get over worries?
- feeling guilty about using them?
- arguing with family and friends?
- getting into money trouble?
- getting into fights?
- having health problems?

if you answer Yes to some of these questions, ring the TVG project for advice and support.



Looking for help?

- + Emergency services 999 or 112
- 👩‍⚕️ Doctor
- ✝️ Local Priest
- 📞 TVG Drugs Project 086 608 4659
- 👤 Traveller Counselling Service 086 308 1476
- 🇮🇪 HSE Drugs Helpline 1800 459 459

TVG Traveller Support Project on Drugs and Alcohol

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&

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TVG Traveller Support Project on Drugs and Alcohol

Drug & Alcohol First Step



**Cork Traveller
Visibility Group Ltd.**

