

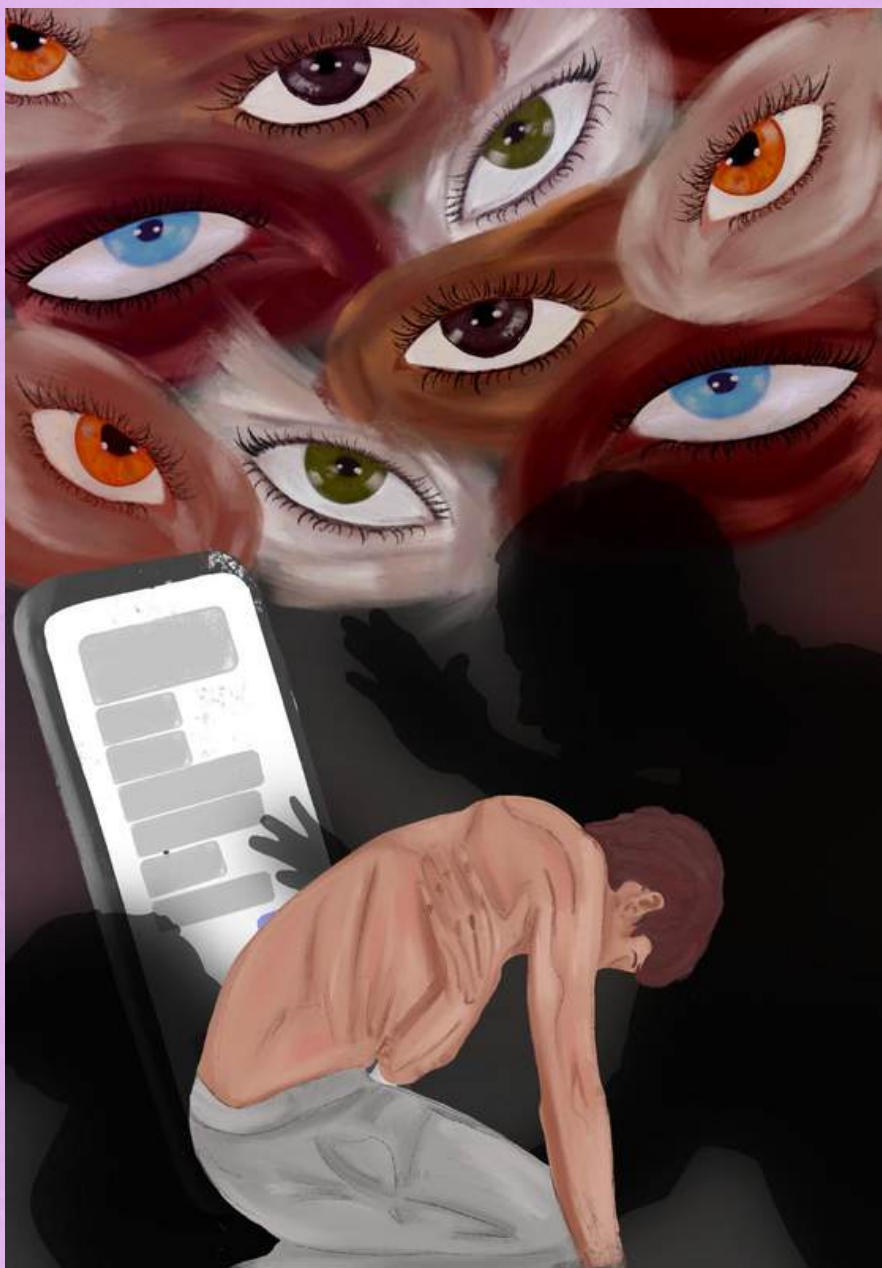
Drugs, Drinking, Detection, A New Direction



By

Waterford

Comhairle
Your Local **na nÓg**
Youth Council



Caoimhe Moylan

Dependent on the light

I can't control my arms,
They reach out for more without a thought.
For the light and all its charms,
But I know, in a cycle I'm caught.

I grab it for a split second,
And in that second I soar,
Before I plunge and wait for a beckon,
A promise for more and more.

I want to fly away,
Sprout wings and leave the dark,
Yet I'm here in the gloom and grey,
The light my saving spark.

It makes me taste freedom,
Before ripping it from my hands
So I'm stuck here in these dark lands
Blind to different paths or plans.

Allesandra Gherca

Addiction is something that can definitely be overcome but there will be side effects even years after overcoming Addiction. Whether it is mental or physical.

Examples of side effects:

Neurological damage

Organ damage

Cognitive defects- this is when the brain can struggle to remember things

Relationships damaged

Decline in mental health

To help with the aftermath of addiction make sure to have a support system whether it's family, friends or an organisation that can help

Lily McCarthy

Find your people

Love Yourself



Help is Available
Be heard

Sadie O'Sullivan



Addiction is never the fault of the individual.

There are many external factors that influence a person's risk of falling into addiction.

These can include; exposure to a peer group that encourages alcohol or drug use, family beliefs or attitudes towards substance use or mental health disorders such as depression, ADHD (Attention Deficit Hyperactivity Disorder) or PTSD (Post Traumatic Stress Disorder).

Often, individuals turn to alcohol or drugs in order to cope with feelings of depression, anxiety or loneliness.

It's important to know that addiction is never your fault, and support is available, either through government initiatives, such as the HSE, or through local support groups.



Laurie Canty

A So-Called Lost Cause

They see it as an escape
From the many burdens of life.
A way to not think or feel,
Just for a while.
They believe that it helps,
But it never, ever
Makes things better in the end.

Deeper and deeper into the dark pit
Of addiction they spiral,
Until society shuns them,
Just another 'lost cause' slumped in the streets.

The deeper they fall,
The tougher the lonely climb back up.

Yet, not all is lost,
If only there were a kind hand
That could reach down
And pull them out.
Your paragraph text

Jane Sinnott

Waterford Comhairle na nOg is the Youth Council of Waterford. We are a group of young people aged 12-17 years of age.

We work on a Topic each year to try improve the lives of young people in Waterford.

In 2026 we are working on the topic of Drugs and Alcohol.

This Ezine aims to explore Addiction through Poetry, Art and Information to encourage anyone who are in Addiction to seek help from local services.

Young people are the future and we want everyone to feel happiness in their own lives.



Comhpháirtíocht Sábháilteachta
Pobail Áitiúil Phort Láirge
Waterford Local Community
Safety Partnership



FRONTLINE PROJECT

SUPPORTING YOUNG PEOPLE IN SUBSTANCE MISUSE

Frontline is a community youth project that works specifically with young people who may be involved or affected by substance misuse.

Frontline is managed by Waterford & South Tipperary Community Youth Service (WSTCYS) and we work with young people across Waterford City and Ferrybank.



Free and Confidential Service in a Relaxed Friendly Environment



(087) 223 5218 - Karen Doyle



Manor Street Youth & Community Centre,
Manor Street, Waterford, X91 TY8N



frontlinecity@wstcys.ie



www.wstcys.ie

WE ARE HERE FOR:

- Young people aged between 14-24 years and who may be using or misusing substances like alcohol and drugs.
- Young people affected by their family members' substance misuse.

Young People Centred:

Prioritizing the voices and needs of young people

Strengths-based:

Focusing on individual strengths and potential

Integrated Services Model:

Collaborating with local services to bring about better outcomes for young people

Confidential and Free:

Ensuring privacy and accessibility for all

Worried about drug or alcohol use? Support for young people and their families.

The **South East Young People's Addiction Support** service offers free, confidential online support for young people aged 16–24 and for concerned family members

Talk with a qualified addiction practitioner in a safe, non-judgemental space.

No pressure. No judging. Just support.



SEYPAS



Easytoaccess | Free | Confidential | Online

Book an appointment at a time that suits:

www.youthaddictionsupport.ie

Funded by the Department of Health through the HSE

SEYPAS - South East Young Persons Addiction Support service



An Roinn Sláinte
Department of Health

HE
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

 **CORNMARKET
PROJECT**
"Seeking help. Seeking change."



**Always here for every child
and young person.**

CHAT ONLINE
Childline.ie

(10am – 4am daily)

CALL
1800 66 66 66

(24 hours)

TEXT
50101

(10am – 4am daily)

Free. Confidential. Non-Judgmental.



Community Based Drugs Initiative

CO. WATERFORD - WEST

West Co. Waterford Community-Based Drug Initiative provides a local accessible community drugs service to the areas of Dungarvan, Cappoquin, and Lismore.

They provide support to people struggling with substance misuse issues, family members of people living with substance misuse issues and members of the community affected by substance misuse.

The service provides a listening ear, motivational techniques, psycho-social education, holistic therapies and referrals to relevant services. The project has one staff member and a team of local community volunteers and is a community-based service working from a Community Development model.

Participation is voluntary and free.

Parental or guardian consent may be required for those under 18 years old.

This is a free non-judgmental confidential service

Contact Johnny Hennessy 0879676439

cowaterfordcbdiwest@wstcys.ie



50808



HELLO

**Text HELLO to 50808
for free, 24/7,
anonymous support.**



spunout

text about it

If it matters to you, it matters to us

1800 833 634

TeenLine

IRELAND

The ISPCC operates Teenline, a national active listening service for children and young people up to the age of 18 in Ireland.

Teenline can be contacted 24 hours a day, 365 days a year, by calling 1800 833 634.

The service is free to contact and is confidential, non-directive and non-judgmental.



Waterford Community Based Drug Initiative provides a local accessible community drugs service to people in Waterford and South Tipperary

We provide support to people struggling with substance misuse issues, family members of people living with substance misuse issues and members of the community affected by substance misuse.

Scan the QR code to see the range of services available in community across the area



JIGSAW

Young people's
health in mind

Who are Jigsaw?

Jigsaw in Waterford is a mental health charity for young people living in Waterford city and county.

Our service is free, non-judgemental and confidential. We offer free therapy to young people – both online and in person.

Who we help

We help young people who
are aged between 12-25

either live in, go to school in, or have a GP registered
in Waterford.

Getting started

You can start the process of coming to Jigsaw in
Waterford at jigsaw.ie/go

For any queries, email at waterford@jigsaw.ie