

Escape. Connect. Relate.

Substance Misuse & Addiction

Substance misuse refers to the use of any substance (such as alcohol or drugs) that is harmful or hazardous to health. There can be long and short term consequences to even minimal substance misuse.

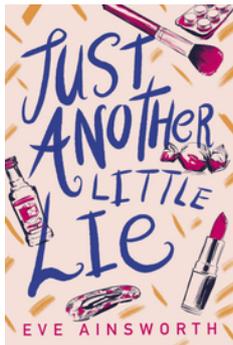
Addiction is defined as not having control over using substances to the point where they are harmful to you, and can affect not only your health, but also your relationships and wider life.





ECR Suggested Reads

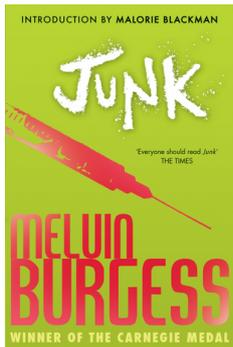
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



Just Another Little Lie by Eve Ainsworth

Violet's mum hasn't been herself for a while. A few too many glasses of wine in the evening. Mornings when she can't get out of bed. Now Violet's the one looking after her little brother and looking out for empty bottles in Mum's bag. But it's just another little blip. Mum will be fine again soon. She has to be ... How long do blips last for? This novel tackles the difficult subject of alcohol addiction and how it effects children.

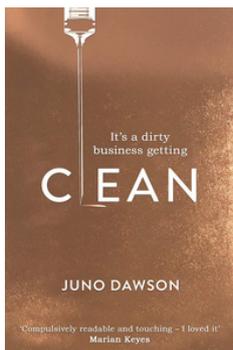
S1+, Alcohol



Junk, by Melvin Burgess

Tar loves Gemma, but Gemma doesn't want to be tied down. She wants to fly. But no one can fly forever. One day, finally, you have to come down. Melvin Burgess' most ambitious and complex novel is a vivid depiction of a group of teenagers in the grip of addiction. Told from multiple viewpoints, Junk is a powerful, unflinching novel about heroin. Once you take a hit, you will never be the same again.

S3+, Drugs

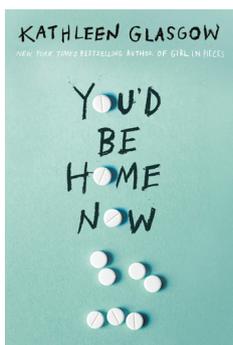


Clean, by Juno Dawson

When socialite Lexi Volkov almost overdoses, she thinks she's hit rock bottom. She's wrong. Rock bottom is when she's forced into an exclusive rehab facility. From there, the only way is up for Lexi and her fellow inmates, including the mysterious Brady. As she faces her demons, Lexi realises love is the most powerful drug of all.

It's a dirty business getting clean...

S3+, Drugs



You'd Be Home Now by Kathleen Glasgow

The quiet one, the obedient one, the reliable one. Emmy has spent her life being told exactly who she is. Not strong-willed like her beautiful sister Maddie and not in rehab like her wild brother Joey. But when a tragic accident changes life in her small town forever, can Emmy keep up the act? A novel about addiction, family and finding your voice.

S3+, Drugs



Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Drugs and alcohol- Young Minds

Find out how drug and alcohol use can affect mental health and where to find more information and support

<https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/>

Adfam

Information and support for the families of drug and alcohol users

<https://adfam.org.uk/>

Scottish Families Affected by Alcohol & Drugs

National charity that supports anyone concerned about someone else's alcohol or drug use in Scotland

<https://www.sfad.org.uk/>

Hope UK

National charity providing drug and alcohol education and training for young people, parents, and youth workers

<https://www.hopeuk.org/>