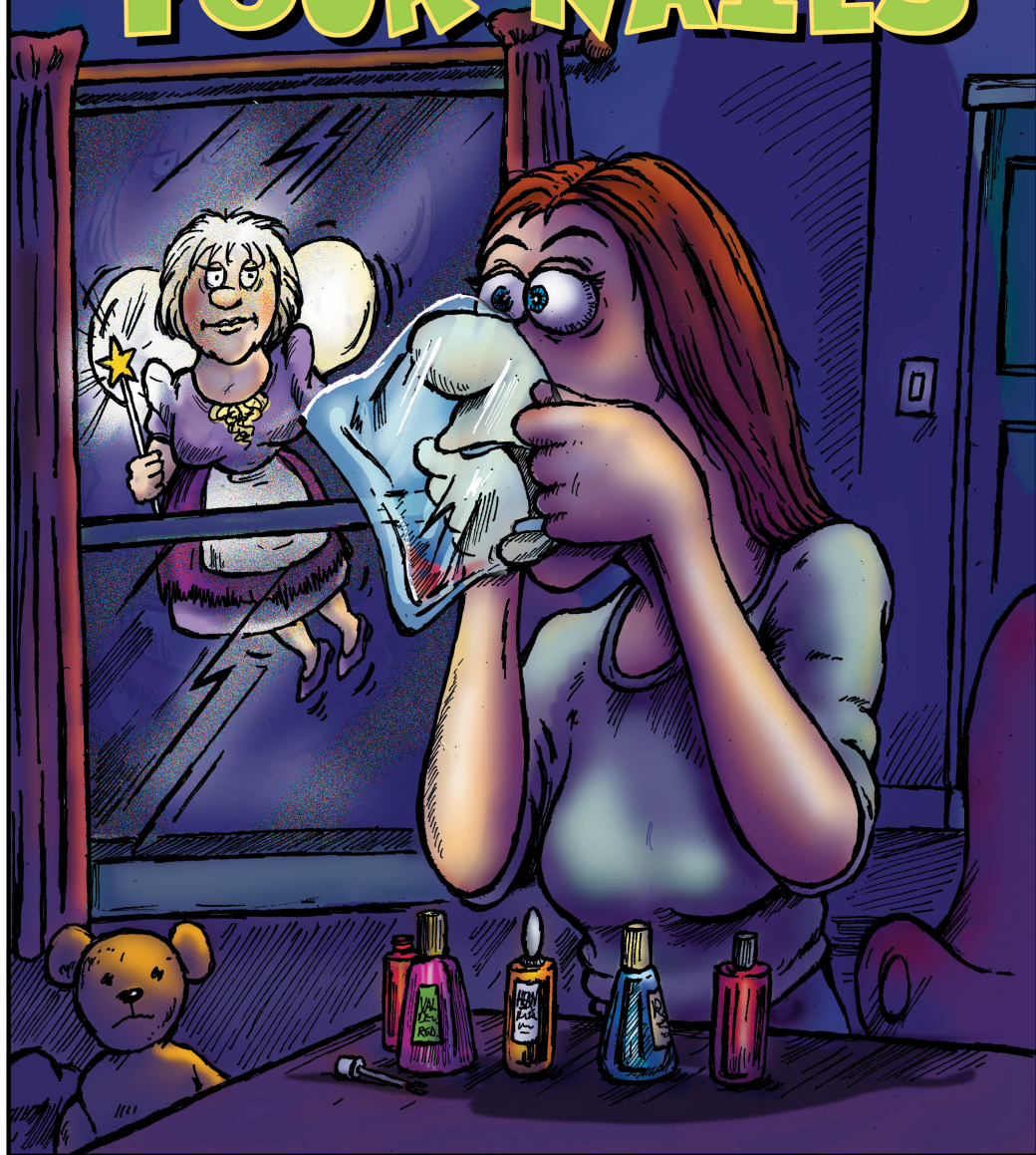
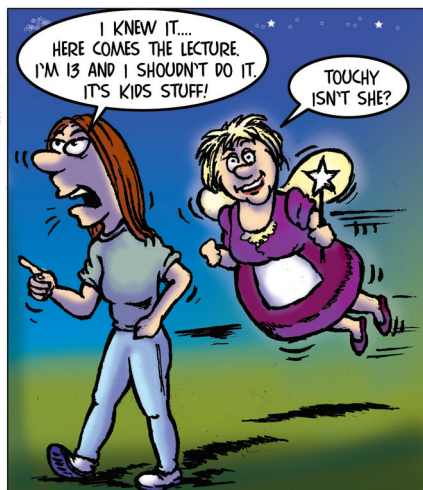
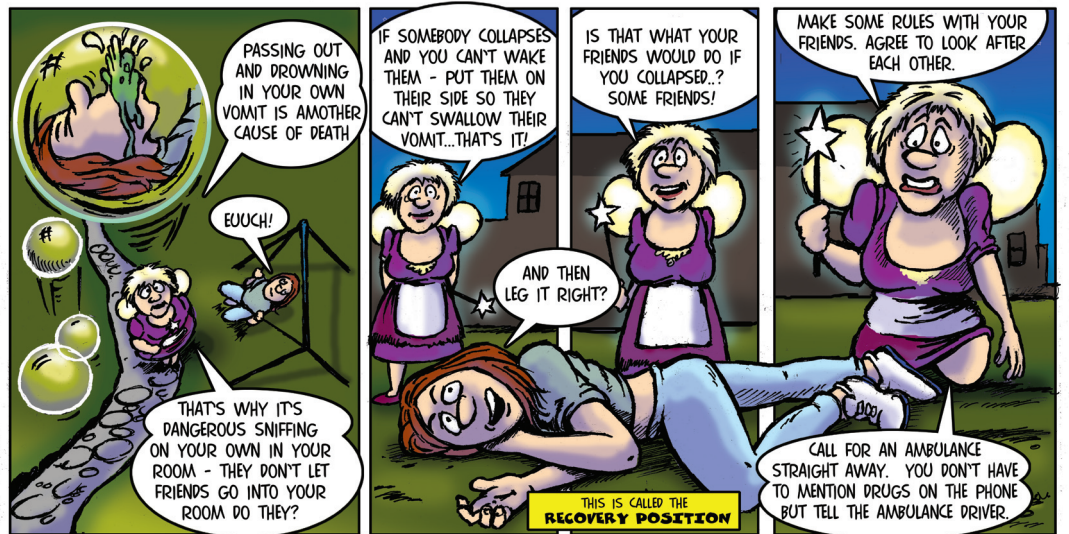
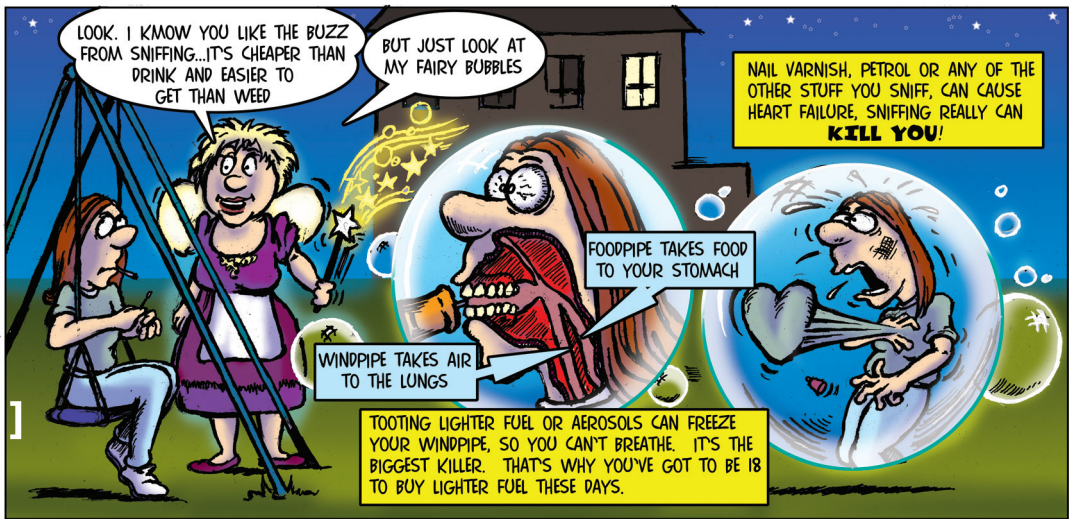


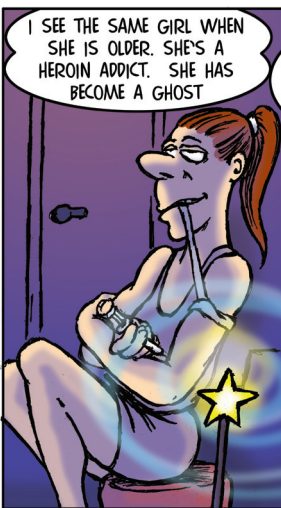
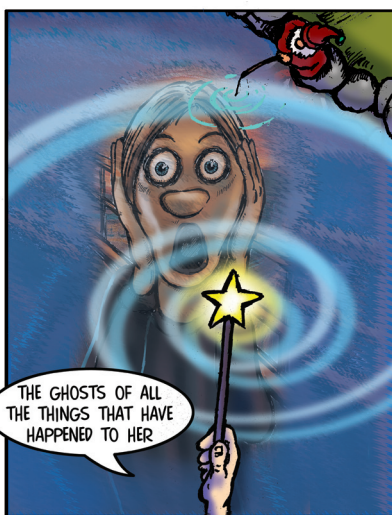
LIFELINE PUBLICATIONS PRESENT

POLISHING YOUR NAILS









TOOTING GAS, SNIFFING NAIL POLISH, GLUES & SOLVENTS IS AS DANGEROUS AS INJECTING HEROIN.

IT CAN KILL THE FIRST TIME YOU USE OR THE 500TH

SNIFFING ON YOUR OWN IS MORE DANGEROUS AS THERE'S NOBODY TO HELP YOU IF IT ALL GOES WRONG.

LEARN WHAT TO DO IN AN EMERGENCY AND TALK ABOUT IT WITH YOUR FRIENDS.

DEALING WITH FEELINGS, THE GHOSTS IN YOUR PAST AND THE PROBLEMS IN THE PRESENT IS VERY HARD TO DO.

FIND SOMEONE YOU TRUST TO TALK TO (A TEACHER, WORKER AT THE HOME ETC.) TELL THEM YOU WANT TO TALK IN PRIVATE.

IF YOU DON'T TRUST ANYONE OR YOU DON'T WANT TO TALK TO SOMEONE YOU KNOW, YOU CAN ASK TO MEET A SPECIALLY TRAINED WORKER.

YOU CAN ALSO CONTACT THEM YOURSELF (SEE BACK PAGE)

YOU CAN ASK THEM QUESTIONS ABOUT CONFIDENTIALITY AND WHAT THEY WILL DO, BEFORE YOU TELL THEM ANYTHING.



for information and advice contact:

**[A22
03 11]** lifeline | publication guidelines

[>] **aims**
To provide information and advice on the use of volatile substances in a care setting. It outlines the dangers associated with volatile substance use, how to deal with overdose and the problems associated with using drugs to cope with life.

[>] **audience**
Young people in care. Use only with Social Services guidance and support.

[✓] **content**
No swearing.

[£] **funding**
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