Being a teenager is bad enough without having to worry about drugs. Or, who to talk to about them.

Sometimes we worry that whoever we talk to about drugs won’t know enough about them, or if we do talk to someone, they’ll panic, get scared or get angry. That’s where FRANK can help.

FRANK will provide you with all the help and information you need about drugs and their effects.

And FRANK won’t panic, get scared or get angry. Ever.
BUT I ALREADY KNOW ABOUT DRUGS
You probably do know a bit, but you don’t know it all. You’ve probably talked to your mates about them. You might know people who use drugs. You may even have been offered them — and if you have, you need to know as much as you can.

There’s no harm in checking out what you know or what you’ve been told — just so you’re sure. So check with FRANK.

MY PARENTS DON’T KNOW ANYTHING ABOUT DRUGS
You never know, they might. After all, one in three adults has tried an illegal drug at some point in their lives. But like you, your parents may have read or heard things that are not quite true. And like you, they need to be informed. So FRANK can help them too.

I KNOW PEOPLE WHO TAKE DRUGS — AND THEY’RE OK
Sometimes people take a particular drug and they are OK. But on another occasion, the same drug could make them ill — or even kill them.

All drugs damage the body in some way or another. And because you can never be sure exactly what is in the drug, you don’t know what may happen next.

Talk to someone who’s been there, done that and bought the T-shirt — talk to FRANK. All day, every day, confidentially and for free.
FRANK IS HERE FOR YOU 24 HOURS A DAY, SEVEN DAYS A WEEK.

CALL 0800 77 66 00. IF YOU CALL FROM A LAND LINE IT'S FREE AND IT WON'T SHOW UP ON BILLS. YOU CAN TALK TO FRANK IN OVER 120 LANGUAGES – JUST CALL THE SAME NUMBER AND A TRANSLATOR WILL BE THERE IF NECESSARY.

LOG ON TO TALKTOFRANK.COM – A WEBSITE FOR ANYONE WHO WANTS TO KNOW ANYTHING ABOUT DRUGS.

In addition to FRANK, other people can also help. You might want to contact one of the following agencies:

Drinkline – a free and confidential telephone helpline for anyone who is concerned about their own or someone else's drinking. The number is 0800 917 8262 and lines are open between 9am – 11pm on Tuesdays, Wednesdays and Thursdays and from 9am on Fridays until 11pm on Mondays.

parentline.org.uk – offers help and information to your parents or carers on any parenting issue.

NHS Smoking Helpline - 0800 169 0 169. Lines are open seven days a week from 7am to 11pm. Specialist advisors are available from 10am to 11pm.

alcoholconcern.org.uk – comprehensive information on alcohol and on local service providers.