

Brain drain? : depression, mood swings, risk-taking, mid-week blues, rage, lethargy, low self-esteem, neglect, emotional... / Camden & Islington Community Health Services NHS Trust ; designed by Eureka! Graphic Design Limited.

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Brain drain?

**++depression++mood swings++risk-taking++mid-week blues
++rage++lethargy++low self esteem++neglect++emotional++**

Most drugs, especially club drugs like ecstasy, speed and coke, anabolic steroids, and even alcohol, can contribute to mental health problems. The more you use, and the more often you use, the greater the potential for problems.

When you're feeling low you might make choices that later you regret. For example you might be more likely to have sex that you're not happy about or to have unsafe sex. And this can make the feelings worse.

Looking after our mental health is something that few of us are encouraged to do or to talk about. Perhaps it's time to start talking.

If you feel that you might benefit from having someone to talk to who understands, call one of the agencies listed below. They're free, totally confidential and there for you...

Clued Up @ Axis drugs information and counselling

for young gay men 26 and under (book an appointment or just drop-in Thurs, 7 - 9pm at Mortimer Market, Capper St. W1)

0171 530 5050

Lesbian, gay & bisexual alcohol project (counselling and advice)

0171 737 3579

PACE (mental health counselling by, and for, gay men)

0171 700 1323



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