

# Impact

## Physical and mental

These worksheets can be used to consider the impact that different substances have on both physical and mental health.

How to complete:

1. Choose what impact you are considering (there are options for the physical impact on males, females, pregnant female, youth, or the impact on mental health).
2. Decide what substance you are focusing on and write it in the substance type box.
3. Visit <https://www.substancemisuseresources.co.uk/harm-reduction-information/free-harm-reduction-and-substance-use-information> or <https://www.talkaboutalcohol.com/interactive-body/> or <https://www.drinkaware.co.uk/facts/health-effects-of-alcohol/mental-health/> to learn more and complete the worksheets.



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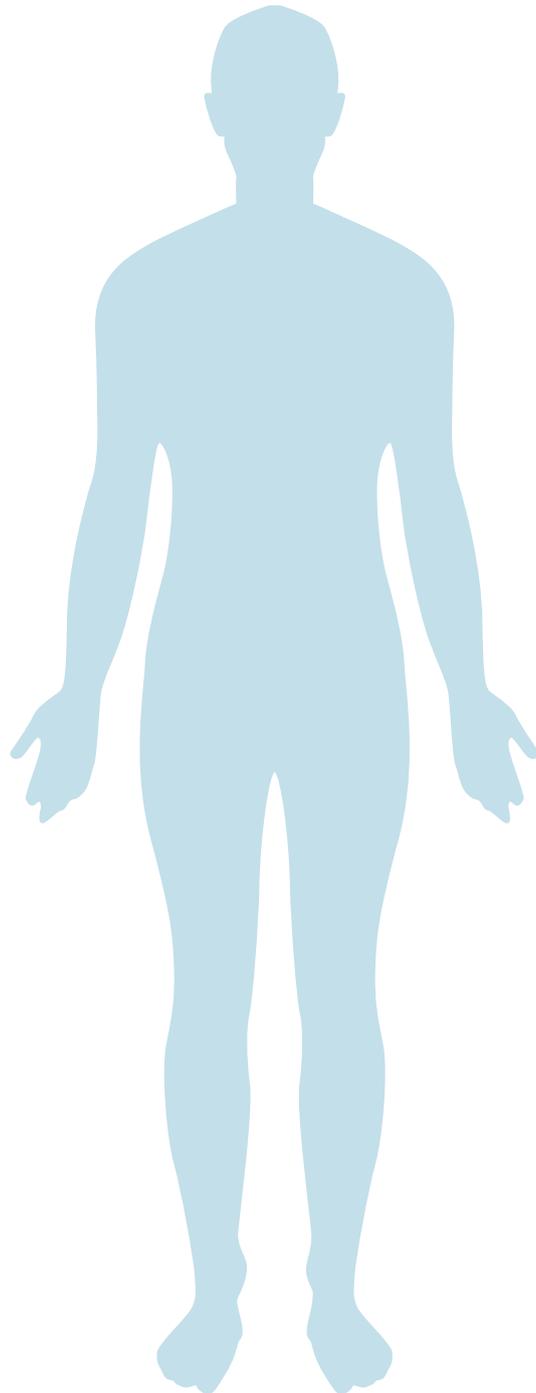
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# Impact Physical health

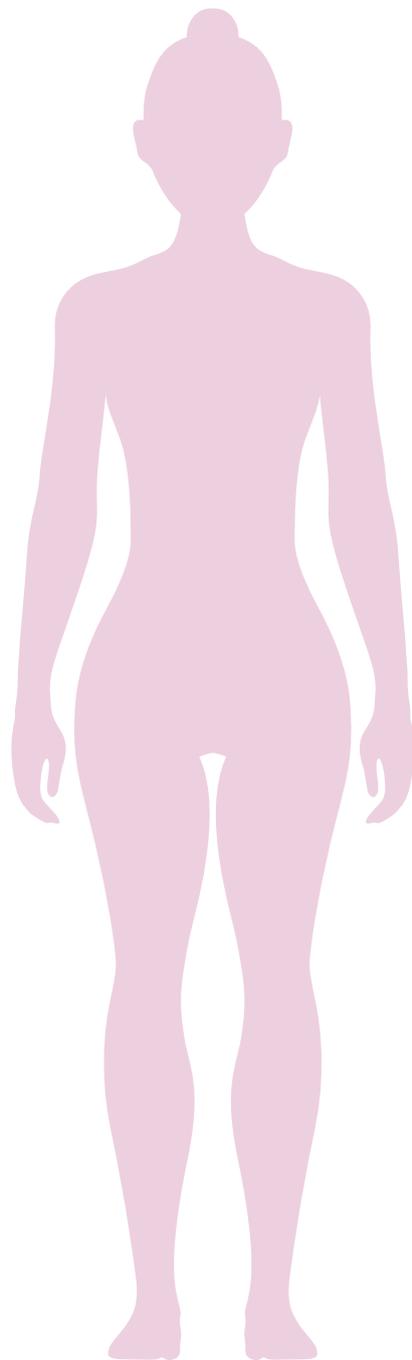
Male



Substance type

# Impact Physical health

Female



Substance type

# Impact Physical health

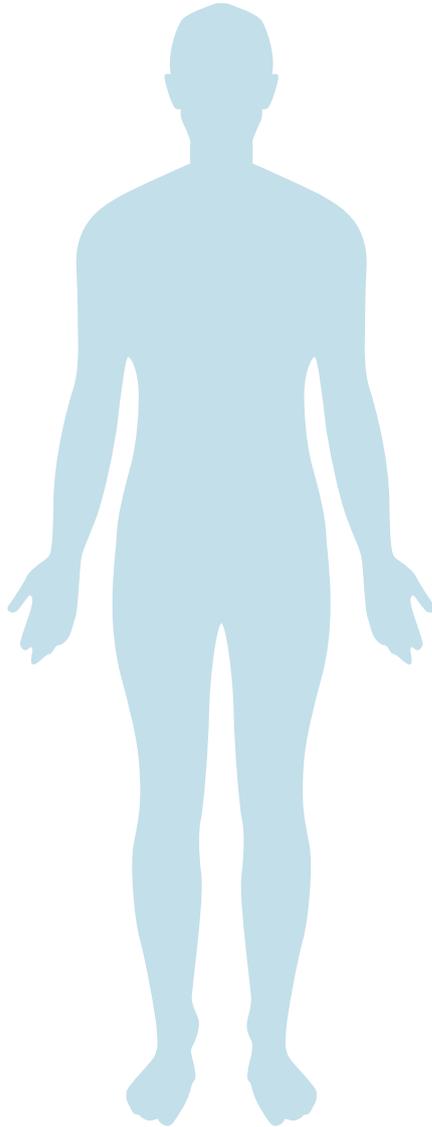
## Pregnant Female



Substance type

# Impact Physical health

Youth



Substance type

# Impact Mental health



Substance type

# Impact

## Family and friends

These worksheets can be used to consider the impact that substance use can have on family, friends, colleagues and the wider community.

The impact on others can be harder to accurately specify. Use these sheets to consider the impact that might be happening on the four groups mentioned.

These sheets can be used generically to think about possible impact, or they can be used specifically to consider real life scenarios.

The sheets can then be used as a conversation starter to help discuss the affect of substance use on others.



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# Impact

Family member(s)

Substance type

# Impact

## Friends

Substance type

# Impact Colleagues

Substance type

# Impact

Wider community

Substance type