

Substance Use Check-In

This page can help you think about substance use, pressure and support. You can tick, circle or write as much or as little as you want.



Healthier choices
brighter tomorrows

What are we talking about?

- ☐ Alcohol
- ☐ Vaping
- ☐ Smoking
- ☐ Cannabis
- ☐ Pills / tablets
- ☐ Nitrous oxide
- ☐ Energy drinks
- ☐ Other: _____

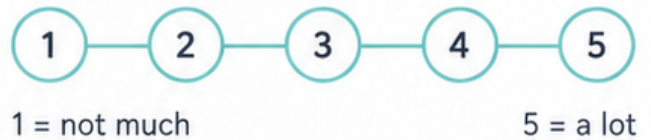
Where am I at with this?

- ☐ I have not used
- ☐ I have tried it
- ☐ I use sometimes
- ☐ I use often
- ☐ People around me use
- ☐ I am not sure

What feels linked to it?

- | | |
|-------------------------------------|---|
| ☐ Curiosity | ☐ Pressure from others |
| ☐ Stress | ☐ Coping with things |
| ☐ Fitting in | ☐ Parties |
| ☐ Boredom | ☐ Family stuff |
| ☐ Sleep | ☐ Other: _____ |
| ☐ Low mood | |

How concerned am I right now?



What helps me stay safer?

- ☐ Being with someone I trust
- ☐ Having a way home
- ☐ Keeping my phone charged
- ☐ Not mixing substances
- ☐ Knowing my limit
- ☐ Saying no
- ☐ Leaving if I feel unsafe
- ☐ Other: _____

What support would help right now?

- ☐ Someone to talk to
- ☐ Confidential advice
- ☐ Support to cut down or stop
- ☐ Help with stress
- ☐ Health information
- ☐ Practical help
- ☐ Other: _____

Anything else you want me to say?

Support is available
without judgement.



Kinder minds
brighter tomorrows



Support Details

Substance Use Check-In

Use this page after the worksheet to agree support, next steps and any immediate safety action.

● Immediate safety

If there is immediate danger, call 999 or 112 now. Move to a safer place if you can.

● Childline

Free support for children and young people: 0800 1111. Online chat and messages are also available.

● Samaritans and text support

Call Samaritans free on 116 123. If you would rather text, text SHOUT to 85258.

● Substance use support

Talk to FRANK gives confidential drug advice: 0300 123 6600 or text 82111. If someone is seriously unwell, call 999.

● For practitioners

Do not promise secrecy. Explain confidentiality calmly. Follow safeguarding procedures where needed.

● Before ending the session

Check how the young person feels, who they can speak to later, and whether safety action is needed.

● Local / trusted support

Write names or services here:

1. _____
2. _____

● Sources checked

Checked September 2026: Childline, Samaritans, Shout and Talk to FRANK where relevant.

Reminder

This page supports conversation. It does not replace local safeguarding advice, supervision or emergency help.