

Nitrous Oxide

Ballyfermot LDATF is aware of the concerns around the use of Nitrous Oxide (NO) - also known as Whippets, Balloons, NOS, Bulbs - around the community. The use of NO brings on nausea, dizziness, tiredness and numbness and its effects are short lived. Due to the risk of loss of oxygen in the blood, there is a **risk of sudden death when using this substance.**



People are reminded that it is **illegal** to consume this substance.

It is important to be **aware of the facts and risks associated with drug and alcohol use.** There are many websites and supports available where information can be found. **Remember that all drug or alcohol use carries risk.**

For young people who may be using drugs or alcohol, you are reminded to **speak with a parent, a family member you trust**, about what is going on for you and to be honest about their drug and alcohol use. **It is important to stay safe and to stay informed.** If you are with a friend and you are worried about your health or their health after taking drugs or alcohol, **please call an ambulance, and stay with your a friend until medical help comes.** Always tell medical professionals what drugs or alcohol have been taken.

"Start a discussion... be sure to take in the young person's perspective. Be open, don't get angry. Come from a place of care."

(Alcohol and Drugs: A Parent's Guide, Page 9).

Parents play a key role in their child's life. By keeping the lines of communication with your child open, regardless of the actual drug being used, a young person will often talk about what is going on for them. If you are a **parent and concerned about your child's drug or alcohol use**, there is a helpful parenting resource available for download from the Ballyfermot LDATF website, or make contact

directly with any of the services listed on the Ballyfermot LDATF website for guidance as to where to go for help.

For more information please visit: www.drugs.ie www.Ballyfermotldatf.ie