

## Student Guidance

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### Keeping yourself or others safe:

#### What should I do if I witness someone overdosing?

If you see someone overdosing, call emergency services immediately.

**Dial 999**

Administer first aid if trained, stay with the person, and follow instructions from emergency responders. Do not leave them alone, and ensure they are in a safe position while waiting for help.

Additionally, useful resources include:

- Barod's [Naloxone Click & Deliver Service](#)
- Barod's [Live Webchat Service](#)

#### Who should I contact if I find my friend in a low-level emergency?

In a low-level emergency, such as mild intoxication or distress, contact campus Wellbeing Services or a Resident Advisor (RA) during working hours. Out of hours, contact campus Security. They can provide immediate assistance and determine if further medical attention is needed.

##### **Wellbeing Service**

01970 622087 or 621761 / [studentwellbeing@aber.ac.uk](mailto:studentwellbeing@aber.ac.uk)

##### **Resident Advisors**

01970622900 / [accommodation@aber.ac.uk](mailto:accommodation@aber.ac.uk)

##### **Security (out of hours)**

01970 622649 / [security@aber.ac.uk](mailto:security@aber.ac.uk)

## What should I do if I find my friends engaging in risky drug use?

Drug and alcohol-related harms are preventable. Substance misuse significantly affects health and safety, especially among young people, impacting millions worldwide each year. At Aberystwyth University, we recognise these challenges and are committed to using evidence-based harm reduction strategies. If you find your friends using drugs in a way that poses a risk to themselves or others, it's important to act promptly.

Encourage them to stop and offer support. If the situation escalates or there's an immediate risk to their safety, call campus Security (01970 622649) or health services (999) for assistance and stay with your friend until help arrives—your priority is their well-being and safety.

Additionally, useful resources include:

- Barod's [Naloxone Click & Deliver Service](#)
- Barod's [Live Webchat Service](#)

## At what point do drugs and alcohol become a risk to me or others?

Drugs and alcohol become a risk when their use impairs your ability to function, affects your health, leads to dangerous behaviours, or poses a threat to others. Recognise signs of dependence, overdose, or harmful behaviour, and seek help immediately if these risks arise. Ask the Dyfed Drug and Alcohol Service (DDAS) for advice if you are unsure what the signs are.

### **DDAS**

0330 363 9997 / [confidential@d-das.co.uk](mailto:confidential@d-das.co.uk)

## What should I know about mixing drugs?

Mixing drugs, including alcohol, can have unpredictable and dangerous effects. It can increase the risk of overdose, impair judgement, and lead to severe health complications. If in doubt, speak to the Dyfed Drug and Alcohol Service (DDAS) for advice. Always seek information and avoid combining substances. If in doubt, consult a medical professional.

### **DDAS**

0330 363 9997 / [confidential@d-das.co.uk](mailto:confidential@d-das.co.uk)

### **I have used drugs but now regret it and need help. Who can I turn to?**

If you regret using drugs and need help, contact the Wellbeing Service, the Dyfed Drug and Alcohol Service (DDAS), and/or trusted friends and family. The university offers confidential support and resources to help you recover and make healthier choices.

#### **Wellbeing Service**

01970 622087 or 621761 / [studentwellbeing@aber.ac.uk](mailto:studentwellbeing@aber.ac.uk)

#### **DDAS**

0330 363 9997 / [confidential@d-das.co.uk](mailto:confidential@d-das.co.uk)

### **Who can I talk to if I feel pressured to use drugs or alcohol?**

If you feel pressured to use drugs or alcohol, reach out to university Wellbeing Services, a Resident Advisor (RA), or the Dyfed Drug and Alcohol Service (DDAS). It's important to have support and strategies to resist peer pressure and make safe decisions.

#### **Wellbeing Service**

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#### **Resident Advisors**

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## University Guidelines:

### **What is the university's role in safeguarding students and staff?**

The university is committed to creating a safe environment for all students and staff. This includes implementing policies, providing education on substance

use, offering counselling and support services, and ensuring a robust response to any incidents involving drugs or alcohol.

### **What is the appropriate response if drugs are found on a student on campus?**

If drugs are found on a student, consider informing campus security or speaking to the Dyfed Drug and Alcohol Service (DDAS) for advice. If a substantial quantity of drugs is involved, Security will notify the disciplinary team, who may engage the police. For smaller quantities, the student will be referred to DDAS for a harm reduction approach, including counselling and support.

#### **Security**

01970 622649 / [security@aber.ac.uk](mailto:security@aber.ac.uk)

#### **DDAS**

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### **What is the appropriate response if alcohol is found on a student on campus?**

Alcohol is legal, and students of legal drinking age are allowed to consume it in and around campus accommodation. However, students must be mindful not to disturb the peace or engage in disruptive behaviour. If alcohol consumption leads to disturbances or poses a risk to safety, contact campus Security. The university aims to maintain a safe and respectful environment for all students, promoting responsible drinking habits and providing resources for alcohol education and support.

#### **Security**

01970 622649 / [security@aber.ac.uk](mailto:security@aber.ac.uk)

### **What should be done if drugs are found in student accommodation?**

If drugs are found in student accommodation, it's important to handle the situation with care and a focus on harm reduction. Inform Accommodation staff or campus Security so they can provide the necessary support and resources. The student may be referred to the Dyfed Drug and Alcohol Service

(DDAS) for counselling and education on safe practices. The goal is to ensure the health and safety of all residents while providing help to those who need it.

### **Accommodation**

01970622900 / [accommodation@aber.ac.uk](mailto:accommodation@aber.ac.uk)

### **Security**

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### **DDAS**

0330 363 9997 / [confidential@d-das.co.uk](mailto:confidential@d-das.co.uk)

## **What should be done if alcohol is found in student accommodation?**

Alcohol is legal, and students of legal drinking age are allowed to have and consume it in student accommodation. It's important for students to drink responsibly and be mindful of their neighbours. If alcohol use leads to disruptive behaviour or poses a risk to safety, Accommodation staff may intervene to address the situation and provide support.

### **Accommodation**

01970622900 / [accommodation@aber.ac.uk](mailto:accommodation@aber.ac.uk)

## **What are the rules regarding alcohol at university-related events?**

University-related events must adhere to campus policies and local laws regarding alcohol. This generally means no alcohol for underage individuals, responsible consumption for those of legal drinking age, and specific guidelines for serving and consuming alcohol to ensure everyone's safety.

## **What is the policy on abuse, especially due to alcohol or drugs?**

The university has a zero-tolerance policy for abuse and harassment, including those related to alcohol or drug use. Any behaviour that threatens the safety or well-being of others can result in disciplinary action, including possible expulsion and legal consequences. Please use Report and Support if you want to tell the university about something like this that has happened.

### **[Report and Support](#)**

## Abiding by the Law:

### **How should I handle situations involving consent and alcohol?**

Consent must always be clear, enthusiastic, and given without any influence of alcohol or drugs. If someone is under the influence, they cannot legally or ethically give consent. Ensure all parties are sober and fully aware before engaging in any activities that require consent. If in doubt, err on the side of caution and wait until everyone is sober.

### **What is the difference between possession and supply of drugs?**

Possession refers to having drugs for personal use, while supply involves distributing or intending to distribute drugs to others. Both are serious offences but supply typically carries heavier legal and disciplinary consequences due to its broader impact on the community.

### **What counts as an illegal drug?**

Illegal drugs are substances prohibited by law due to their potential for abuse and harm. This includes, but is not limited to, cannabis, cocaine, heroin, ecstasy, and certain prescription medications used without a prescription. The university adheres to all local and national laws regarding these substances.