VAPING

- NSW Health's Respect Your Brain series is a great introduction into the risks associated with drugs and the developing brain. The newest video in the series discusses vaping. Get the facts with NSW Health and Respect Your Brain. #NSWYouthWeek #RespectYourBrain

- Nicotine is highly addictive, and vapes can deliver nicotine at higher doses than cigarettes. Exposing young brains to nicotine early casn wire the brain to be more addicted to substances into adulthood. Learn more about the affects of vapes and other commonly used drugs on the developing brain at Your Room: https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx

- Did you know vaping can affect the developing brain? Go to Your Room for vaping facts, resources and support services: https://yourroom.health.nsw.gov.au/a-z-of-drugs/Pages/e-cigarettes.aspx

- How does vaping affect the developing brain? Most vapes contain nicotine, and exposing young brains to nicotine early can increase the likeihood of addiction into adulthood. Vaping can also increase risks of depression and anxiety. Learn more at #RespectYourBrain https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx

ALCOHOL AND ANTIDEPRESSANTS

- Did you know mixing alcohol and antidepressants can lead to side effects that increase risk of injury and other negative experiences associated with alcohol? The Respect Your Brain series from Your Room includes information about the effects of alcohol and other drugs on the developing brain, and includes a video on mixing alcohol and antidepressants. Watch it now: https://youtu.be/O6xzw0gJdVE

- Learn more about how mixing alcohol and antidepressants can affect the developing brain at Your Room. The Respect Your Brain page includes helpful information, an animated video and a downloadable fact sheet. Go to Your Room to find out more: https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx#antidepressants

- Mixing alcohol with antidepressants can cause stronger feelings of intoxication and drowsiness than alcohol alone and increase risk of injury. Want to know more? Go to the Respect Your Brain page on Your Room: https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx

	• How does mixing alcohol with antidepressants affect the developing brain? Go to the Respect Your Brain page on Your Room to learn: https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx
GENERAL	
     	• The #RespectYourBrain animated video series focuses on the impact of drugs commonly used in Australia and explores the way these drugs affect a young person's developing brain. Find out more by visiting https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx • Did you know that MDMA can deplete the supply of seratonin to the brain, which can lead to depression, sleep problems and loss of concentration? Find out more about the effect of MDMA and other drugs on the developing brain by going to Your Room's #RespectYourBrain page https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx#MDMA • See how cannabis affects different parts of the brain. Cannabis mimics our brain's internal systems to alter our experience of the world and can also mess with our memory, concentration and coordination. https://www.youtube.com/watch?v=I2nsavS84zk • Adolescence and emerging adulthood are periods of significant brain growth and development. Find out more about drugs and the developing brain during #BrainAwarenessWeek by watching the #RespectYourBrain videos #DrugInfo https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx