



Debriefing Form: All Safer Partying Participants

I would like to thank you for giving your time to participate in the *Safer Partying* project today, either as an Expert Interviewee, a Focus Group participant, or an online survey respondent. This form is a summary of the research you have participated in, its aims, benefits and risks, and information on support that is out there if you have found any of the topics discussed today difficult.

Aims

A better understanding of the partying practices of young adults across the UK to act as an evidence base to develop relevant policies and practices which support and encourage 'safer partying'.

Benefits

The findings and related policies and practices which emerge from *Safer Partying* will be used to support and encourage 'safer partying' practices among young adults, from the beginning of nights out to the very end and beyond. I will post any project outputs such as the Final Report on the *Safer Partying* website at www.clubresearch.org

Risks

I do not envisage any serious disadvantages or risks related to having taken part in *Safer Partying*. However, you may have written about or discussed issues which may upset you, such as substance use. I am aware of this possibility and would like to make you aware through signposting of appropriate services available for advice and support, as below.

Seeking Support

Alcohol and drug use

For harm reduction and drug law information (UK): <https://www.release.org.uk/helpline>

For harm reduction (Scotland): <https://www.crew.scot/>

For people with alcohol/drug dependency issues: <https://smartrecovery.org.uk/>

For general information: FRANK (UK government) website: <https://www.talktofrank.com/>

Please consider contacting your GP who may refer you to NHS alcohol and drug services.

Mental health support

For a mental health crisis: <https://www.samaritans.org/how-we-can-help/contact-samaritan/> or call free from any phone on 116 123.

For support aimed at young people: <https://www.thecalmzone.net> or freephone the Campaign Against Living Miserably (CALM) helpline: 0800 585858

Please consider contacting your GP who may refer you to NHS mental health services.

Contact details

If you have any questions or wish to discuss *Safer Partying* further, please email me, Dr Karenza Moore, at karenza.moore@newcastle.ac.uk.

If you have any issues or would like to make a complaint, please email my Head of Subject, Professor Tracy Shildrick, at tracy.shildrick@newcastle.ac.uk.

Thank you again, and stay safe. Dr Karenza Moore, *Safer Partying* Principal Investigator.