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Synopsis

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The study's findings suggest that more and more young people use substances to help them cope with problems in their life.

After the Covid-19 restrictions ended, usage of illegal drugs among young people has soared in the United Kingdom. As per a new study, there has been a 50 per cent rise in the number of youngsters taking mind-altering substances since 2021.

A new research conducted by youth charity The Mix reported that one in three 16 to 25-year-olds is now using drugs.

The Mix is the UK's leading digital charity for under 25s, reaching over 6 million young people each year.



The proportion of young people smoking tobacco or cigarettes within the past year has also increased to almost 1 in 3 (29%) from 1 in 5 (22%) young 1/3 people in 2021, the study further added.

Talking about mind-altering drugs, the study showed that 17 per cent of young people have used a class A drug within the past 12 months, equating to 1.3 million young people. Compared to 2021, the numbers this year are far higher.

Apart from the number of people taking drugs, the frequency of using drugs has also increased considerably since 2021.

According to the research, only 16 per cent of young people used drugs at least once a week in 2021, but this increased to 23 per cent in 2022.

The study further revealed the reason behind the rise in drug use among youth. As per the data, 1 in 5 substance users are now taking drugs or alcohol to escape problems in their life, and growing numbers experience challenges due to substance use and are in need of support.

"However, societal attitudes connected to substance use and addiction, lack of awareness of services available or belief that there are no suitable services

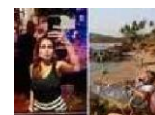
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available prevent many from seeking help. As a result, hundreds of thousands of young people are suffering in silence rather than reaching out for support," the study said.

The studys findings suggest that more and more young people use substances to help them cope with problems in their life.

"Our data shows that while fewer young people are currently using substances to have fun, there has been a sharp increase in using substances to escape problems, with 1 in 5 substance users doing so," study said.

However, the temporary solution doesn't actually make their problems disappear in real life and as youngsters realise that, they are finding it extremely hard to break the habit.

Meanwhile, similar per cent of young people are also using substances to help them cope with a mental health issue or emotional distress.

As per the research, "Alarmingly, the proportion of young people taking substances as a habit, which indicates addiction, almost trebled from 5% in 2021 to 14% in 2022."

Likely connected to the higher frequency of drug taking, a far larger proportion of substance users reported experiencing challenges as a result of substance use (56%), and particularly with their mental health (22%).

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