

isihlobo, uthisha, umfundisi, ikhansela.

- Shayela kwa SADAG ukuthola usizo: 0800 12 13 14. Uyaludinga usizo olusemthethweni umngane osengenwe yizidakamizwa.
- Khuluma iqiniso ungazami ukubaphephisa ngokuqamba amanga esikoleni, kubangane nasemndenini.
- Zwelana nabo futhi ubeseke kodwa ume eqinisweni lokuthi izidakamizwa azilungile ngakho bayaludinga usizo.
- Ungababalekeli kodwa benze baqonde kahle ukuziphatha okulindele nalokho ongeke ukumele.
- Zama ukubabonisa okufanele bakwenze kodwa ungabi yisicefe. Kufanele bazithathele ngokwabo isinqumo.
- Ungathembisa ukubaphelezela noma ubasize ekushayeni ucingo uma bedinga usizo.
- Zama ukuthola lonke ulwazi ngezindlela abangasizakala ngazo.
- Ungaqophisani noma wenze izivumelwano zokwethembisana nabo.
- Bakhuthaze ukuba bakholwe ukuthi basengakwazi ukuguquka noma benze utho ngenkinga yabo.

Ongakwenza esimweni esiphuthumayo?

- Ungatatazeli, yehlisa umoya.
- Zama ukuthola usizo ungamshiyi lowo osenkingeni kuze kufike usizo. Uma ungakwazi noma wesaba, qikelela ukuthi kunomuntu okhona oqaphe isimo.
- Zama ukuthi angalali ngokulokhu umxoxisa. Uma equlekile zama ukumvusa.
- Musa ukuzama ukumphalazisa ngaphandle uma kusho udokotela.
- Ungamfaki ebhavini wamanzi – funa agwilize.

Shayela i-ambulense kule- nombolo
10111

Ngabe unenkinga yokusebenzisa izidakamizwa?

- Uchitha isikhathi esiningi, imali namandla akho ezidakamizweni?
- Ngabe lenyukile izinga lakho lokusebenzisa izidakamizwa? Usuwenyuke kakhulu esilinganisweni oseywayele?
- Uzibona ususebenzisa uhlobo owauzitshele ukuthi awusoze wangena kulo?

Amasu okuhlala umsulwa:

- Tshela abangane bakho ukuthi awusoze uzisebenzise izidakamizwa. Abangane beqiniso bazosihlonipha isinqumo sakho.
- Xoxela umuntu omethebayo izinkinga zakho, ungazami ukubhekana nezikhathi zengcindezi uwedwa ngokwakho.
- Yazi okufanele ukwenze uma uzithola usendaweni lapho kunotshwala nezidakamizwa khona. Zama ukuzigwema izindawo ezizokusondeza kuleso silingo.

Izindawo ongathola kuzo usizo:

SADAG Substance Abuse Helpline

0988 12 13 14
SMS 32312

The South African Depression and Anxiety Group (SADAG)

011262 6396

National Department of Social Development

012 312 7500 / 7641 / 7653

Alcoholics Anonymous

0861 435 7222

Narcotics Anonymous

083 900 6962

SANCA

011 781 6410

Unomngani okhathazekile ngaye?

Xhumana nabakwa

SADAG's Substance Abuse Helpline

on 800 12 13 14

noma uSMS 32312.

Kuvulwa zonke izinsuku zeviki.

Yithi CHA e Zidakamizweni

0800 12 13 14
SMS 32312

Sakha imiphakathi enakekelayo.



social development

Department:
Social Development
REPUBLIC OF SOUTH AFRICA



Ziyini izidakamizwa?

Izidakamizwa ngamakhemikhali aguqula indlela umzimba wakho osebenza ngayo.

Nazi izibonelo:

Ugwayi, isinemfu, insangu, utshwala, isugarzi, imandraksi, ikhokheyni, i-asidi ne LSD, ithikhi, Inyaope, iwhoonga, imithi yokwelapha efana nomuthi wokukhwehlela, namaphilisi okudambisa izinhlungu; kanjalo nezinto zasendlini esizisebenzisa njalo njenge glu, ithaphentayini, ubhenzini, izifutho zokupheka nophethroli. Konke lokhu kuyizidakamizwa abantu abazisebenzisayo ukuze badakwe, ngakho-ke kulula ukba zikungene.

Izidakamizwa ezisemthethweni nezingekho emthethweni

Kunezidakamizwa ezisemthethweni, njengotshwala nogwayi. Kodwa-ke ngokumthetho awuvunyelwe ukusebenzisa ukuthenga utshwala nogwayi uneminyaka engaphansi kweshumi nesishagalombili (18). Kunesizathu esibalulekile salokhu. Umzimba nomqondo wakho usuke usakhula, izidakamizwa (ngisho utshwala nogwayi) kunomthelela engqondweni nasemzimbeni. Intsha esebenzisa izidakamizwa ivamise ukuba:

- Nezinkinga zokufunda
- Ukugula ngengqondo noma izinkinga zomphefumulo
- Izinkinga zokungaphili kahle emzimbeni
- Ukulawulwa yizidakamizwa ebudaleni
- Ukuphambana nomthetho.

Kuyini ukusebenzisa izidakamizwa budedengu?

Ukusebenzisa budedengu izidakamizwa kusho umuntu osebenzisa izidakamizwa notshwala ngosekweqile.

Izinhlobo zezidakamizwa:

Ezisamakhambi (Cannaboids): njenge marijuana nehashishi (kwaziwa ngelensangu, idophu, iblanti, iwidi, ihashi, ihempu noma ibhumu)

Ezinomphumela wokubona izinto ezingekho (Hallucinogens): njenge LSD, ikhowe lezimanga (elaziwa ngele –esidi, icandy, noma ishroom)

Ezihabulwayo (Inhalants): njengo phetroli, izithambis zikapende, iglu, ifreoni (yaziwa ngele popperzi, snappers, noma ibagging)

Ezisampuphu (Opiums): njenge heroyini, neophiyamu, (kwaziwa njengesmack, ushukela onsundu noma ijanki.

Ezisazikhuthazi Stimulants): njenge khokheyni imethamfethamani, MDMA (eyaziwa ngelecoke, iblow, inose candy, ithiki, imeth u-ayisi i-ekstasi, E noma I-XTC.

Unomngani okhathazekile ngaye?
Xhumana nabakwa
SADAG's Substance Abuse Helpline
on 800 12 13 14
noma uSMS 32312.
Kuvulwa zonke izinsuku zeviki.

Kungani intsha isebenzisa izidakamizwa?

Intsha ihlangabezana njalo notshwala nezidakamizwa ezindaweni zokujabula, emiphakathini, kuthelevishini nasezithombeni ezingamamuv. Ziningi izizathu ezenza intsha isebenzise izidakamizwa:

- **Ingcindezi yontanga:** sonke siyathanda ukuba yingxeny, futhi sizizwele samukelekile kubangani bethu – intsha eningi icabanga ukuthi izidakamizwa iyona ndlela yokwenza lokhu.
- **Ukuzama ukumelana nengcindezi:** enye intsha ayikwazi ukumelana nengcindezi esuke ibhekene nayo. Kule ntsha izidakamizwa zibasiza ukuba bakwazi ukwehlisa umoya bakhohlwe nayizinkinga zabo okwesikhashana.
- **Ukuchitha isizungu:** abanye bazizwela benesizungu, noma benesithukuthezi sokungenzi lutho, izidakamizwa ziba yindlela yokuchitha isizungu nokuzizwela uyingxeny yabantu abathile.
- **Ukungazethembi:** intsha engazethembi nenamahloni ngendlela ebukeya ngayo noma engakwazi ukuzakhela abangane kalula – ingasebenzisa izidakamizwa ukuzama ukwakha 'ukuzethemba'.
- **Ukutholakala kwazo kalula:** izidakamizwa zitholakala kalula futhi ngamanani aphantsi ezikoleni nasemiphakathini eminingi.
- **Ukungenwa egazini:** kulabo esizibangene shi egazini, basuke besaba ubunzima bokuhlukana nazo.

Kungani zingalungile izidakamizwa?

Ukubhema kungadala lezi zinto ezilandelayo:

- Ukuqothuka kwezindlewe
- Isikhumba esimbi nemibimbi
- Umoya omukayo
- Amazinyo amnyama
- Isifo senhliziyo
- Umdlavuzi

Utshwala bungadala lezi zinto:

- Ukungasebenzi ngendlela kwezitho zomzimba
- Ukushwashwatha lapho ukhuluma kungezwakali
- Isifo sesibindi

Izidakamizwa zingabanga lezi zinto ezilandelayo:

- Amazinyo amabi, isikhumba esibi kanye nokuqothuka kwezindlewe
- Izinkinga zokufunda nokwehluleka ukugcina izinto engqondweni
- Ukuphambana komqondo
- Izifo senhliziyo
- Ukulimala komqondo

Imiphumela yokusebenzisa budedengu izidakamizwa ?

Ukusetshenziswa budedengu kwezidakamizwa kungadala okukhulu ukukhathazeka komphefumulo emndenini nakubangane. Kuyenzeka abasebenzisi bezidakamizwa babe nochuku noma udlame, kwesinye isikhathi bayabalekelana nabantu ababathandayo. Asebenzenwe izidakamizwa bangenza noma yini ukuthola izidakamizwa – bantshontshela imindeni nabangane imali nezinye izinto ezibiza imali enkulu. Kokunye bangangena ebugebengwini obuyingozi. Balahlekelwa imisebenzi yabo, baxoshwe ezikoleni, futhi balahlekelwe nawukwesekwa yimindeni nabangane. Abanengi asebenzenwe yizidakamizwa abanabangani, banomzwangedwa futhi bahlala benomuzwa wokufuna ukuzibulala.

Ngabe usebenzisa izidakamizwa budedengu?

Nazi izinkomba ezikhombisa umuntu osebenzisa budedengu izidakamizwa:

- Ukozele
- Amehlo abomvu
- Izinkomba zemijovo yezidakamizwa emzimbeni
- Iphunga likagwayi noma lensangu elingapheli
- Ukuguquguquka kwendlela azizwa ngayo
- Inguquko endleleni adla ngayo
- Ukuzwa amaphimbo angekho nokubona izinto ezingekho
- Ukuhlala uxwaye abantu abakuzungezile
- Ukuba nezinkinga zezimali, zomndeni noma emsebenzini

Uma unomngane osengenwe yizidakamizwa?

Mhlawumbe kunomngane osekdumaze kaningana ngenxa yezidakamizwa; noma kunezinto ezesabisayo azenzayo uma esebhemile noma edakiwe. Akulula neze ukutshela umngane ukuthi unenkinga. Kodwa, uma ubona ukuthi ulengela engozini, ungalekelela ngaphambi kokuba kuze konakale kakhulu. Thatha izinyathelo ngokushesha uma ubona kunenkinga. Musa ukuba nezaba!

- Khuluma kahle nabo – bengaphuzile futhi bengabhemile.
- Musa ukubatsheleka imali noma ubakhokhele izikweletu zabo.
- Tshela umuntu omdala omethembayo – kungaba umzali,