



IT'S  
**SUBSTANCE  
ABUSE  
AWARENESS DAY**  
26 JUNE 2019



## Substance Abuse Awareness Day

26 June 2019

Today is the International Day against Drug Abuse and Illicit Trafficking with the aim of creating awareness, strengthening action to achieve the goal of an international society free of drug abuse.

Over the last 10 years, SADAG in partnership with the National Department of Social Development have worked in communities in all 9 provinces creating awareness and educating people young and old about the effects of drugs and alcohol. We have worked on various projects including the 24 hour Tollfree Helpline, community awareness workshops, school talks on Substance Abuse Prevention, starting Substance Abuse Support Groups in all 9 provinces and distributing brochures, armbands, handout and Speaking Books.

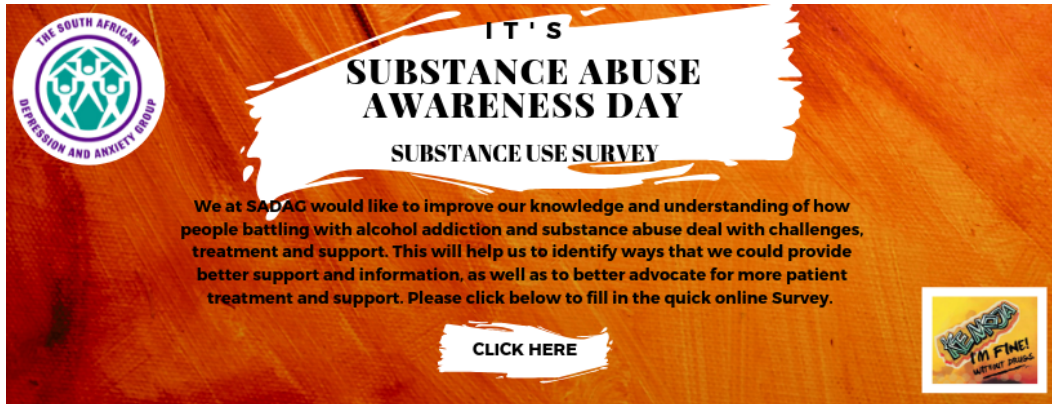
This year, SADAG is focusing on supporting loved ones and family members who are affected by substance abuse. Substance use and addiction doesn't only affect the user, it also negatively affects the family and loved ones and can lead to the break down of families, trauma and burnout. This year, we are focusing on providing resources, free online help and access to tips and tools for families and loved ones.



### Substance Use Survey

SADAG have launched an online Substance Use Survey to gather more data and better understand the challenges and treatments of those struggling with alcohol abuse, drugs over the counter, prescription medication, use and abuse. This research will help SADAG create better support programmes,

information and advocate for better patient treatment in South Africa. The survey is open to anyone who has ever used or abused any substances. To access the quick online survey click [here](#). The final research report will be published at the end of July 2019. Please help us gather as much data as possible, please share the survey and encourage other to fill it in. Click the poster below.



The poster features a wooden background. In the top left corner is the logo for 'THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP', which consists of a circular emblem with stylized figures. The main text is centered in a white, torn-edge banner: 'IT'S SUBSTANCE ABUSE AWARENESS DAY SUBSTANCE USE SURVEY'. Below this, a paragraph explains the survey's purpose: 'We at SADAG would like to improve our knowledge and understanding of how people battling with alcohol addiction and substance abuse deal with challenges, treatment and support. This will help us to identify ways that we could provide better support and information, as well as to better advocate for more patient treatment and support. Please click below to fill in the quick online Survey.' A white button with the text 'CLICK HERE' is positioned below the paragraph. In the bottom right corner, there is a small image of a yellow box labeled 'KENSOL' with the text 'I'M FINE! METRAC PHARM'.



## Facebook Friday Online Chat On Friday 28 June 1pm & 7pm

Substance use or abuse, doesn't only affect the patient or user, it also affects the family and friends. They too need support and help. If you are a friend, family member, loved one or colleague dealing with a loved one who is using or abusing drugs, alcohol or prescription medication, or any addiction, please join FREE online Q&A on Friday 28 June at 1pm - 2pm with Clinical Psychologist, Sharoni Tsarafi and again at 7pm - 8pm with Clinical Psychologist, Samukelisiwe Mthembu. The experts will be able to help answer your questions on treatment, caregiver burnout, what to do to avoid relapse, how to support and not enable addictions, tough love approach, etc. Please join the chat and learn how you can cope better.

SADAG's #FacebookFriday

Online Q&A

28 June 2019



## Substance Abuse Awareness

The impacts of Alcohol and Drug Abuse on families, learn how to identify the warning signs and help your loved one's cope.



1PM: Sharoni Tsarafi - Clinical Psychologist

7PM: Samukelisiwe Mthembu- Clinical Psychologist



Facebook Page: The South African Depression and Anxiety Group



Log in via: [www.sadag.org](http://www.sadag.org)

## How to get help



- The 24 hour Substance Abuse Helpline (0800 12 13 14) offers free telephonic counselling, referrals and support. The Helpline is available 7 days a week nationwide.
- To help encourage people to reach out, we have created an online "**CONTACT THE COUNSELLOR**" button. By clicking on the button and filling in the short online form with your details, once you click "SUBMIT", a counsellor will get your details and contact you to help further.
- Are you contemplating to speak to a counsellor but you can't make private calls whilst working? Do you feel uncomfortable speaking to a counsellor over the phone while you around your family? Why not make use of the online counselling via your computer or cellphone. Click Online Counselling to chat to a counsellor Monday to Sunday 10am till 2pm daily or visit [www.sadag.org](http://www.sadag.org) and click the pop up button.
- To learn more about Substance Abuse resources and tips on a daily basis follow the [Ke Moja Substance Abuse Facebook Page](#).
- Are you unable to call us? SMS 32312 and a counsellor will call you back - available 24 hours a day.



## Substance Abuse Toolkit

- To learn more about what Substance Abuse is and how to identify the symptoms [click here](#).
- How important is support from loved ones?

Watch an [online video](#) by Psychologist, Zamo Mbele, who explains the importance of support from a loved one.

- Click [here](#) for the Substance Abuse Prevention Brochures available in **Afrikaans, English, isiZulu, Sepedi, Sesotho, Setswana and Venda.**

- .Are you worried about a loved one? Are you scared to confront them? Click [here](#) for tips on how to help a loved one who has a Substance Use or Abuse issue.

- \* Are you looking for help? Click [here](#) to see all the different ways that you or a loved one can contact the 24 hour Substance Abuse Helpline



## Substance Abuse Speaking Books

SADAG in partnership with the National Department of Social Development have updated the popular "Say No to Drugs" Speaking Books. The New information and artwork focuses on warning signs, how to help a friend, impact of substance abuse and how to get help. The Speaking Book is targeted for youth in low literacy communities to help them. We are very excited to announce that reprinting of the Say No To Drugs Speaking Book with updated artwork and revised content has been complete. Speaking Books consist of colorful illustrations supported by straightforward and easy to understand text. For each page there is a corresponding push button that triggers a recording of the text, so no matter the level of reading comprehension, the information will be seen, read, heard and understood with powerful results.

If you would like a Speaking Book please email your request letter to [media@anxiety.org.za](mailto:media@anxiety.org.za) or call Busi on 0800 12 13 14 for your school, NGO or Youth Group.

SADAG are available 7 days a week on 0800 12 13 14, and can provide information on Substance Abuse, referrals to treatment, guidance on the recovery process, self help and Support Groups.

There is always help available.

Regards,

**Zane Wilson**  
**Founder and Director**  
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