

24 June to 01 July 2016 – SANCA DRUG AWARENESS WEEK

SANCA



South African National Council on
Alcoholism and Drug Dependence

National Directorate

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<http://www.sancanational.info/>

15% of South Africans have a drug problem. The 26th of June marks National Substance Abuse Awareness Day and this year SADAG hopes to create awareness of their drug abuse hotline available to help the estimated 15% of South Africans using drugs.

This high level of drug abuse costs South Africa over R20-billion a year. These statistics have earned the country the dubious reputation of being one of the drug capitals of the world.

Typical drugs used by these youngsters are alcohol, tobacco and dagga.

The 26th June is National Substance Abuse Awareness Day and the South African Depression and Anxiety Group (SADAG) counsellors in partnership with the Department of Social Development will be there to answer the National Substance Abuse Helpline (0800 12 13 14) and help South Africans in need.

There is also a very active SMS line also open 24 hours for those who don't have enough money or airtime to call the helpline. They can SMS 32312 and a counsellor will call them back.

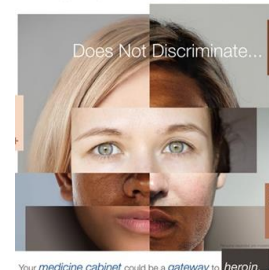
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Interesting Fact: What most people don't realise is that most painkillers, cold and cough medications contains codeine used in cough syrup to suppress coughing and other pain medications to relieve mild to moderate pain. Codeine is from the opioid family like heroin and morphine.

If used as instructed, it will benefit the person but if abused it could cause dependency and have harmful consequences.

Addiction



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