



**ADDICTION LIVES IN THE DARK**

# SHINE A LIGHT



## THE HIDDEN COST OF ADDICTION

**The yearly cost of drug abuse in SA is R20 billion**

**60% of crimes are substance-related**

**Substance abuse leads to absenteeism, accidents, and long-term health issues**

**Foetal Alcohol Syndrome is permanent, and 100% preventable**



## FOETAL ALCOHOL SYNDROME:

**A PREVENTABLE TRAGEDY**

**Caused by drinking alcohol during pregnancy**

**This leads to lifelong physical and mental challenges**

**SA has one of the highest rates of FAS in the world**

***\* No amount of alcohol is safe during pregnancy.***



## EVERY ACTION COUNTS

**Talk about substance abuse in your community**

**Get help early for yourself or someone you care about**

**Support prevention programs and youth education**

**Report unsafe or risky behaviours in the workplace**

## NEED HELP?

For more information and assistance in fighting substance abuse, call the **South African Depression and Anxiety Group (SADAG)** 24-hour Substance Abuse Helpline on **0800 12 13 14**. You can also call the **South African National Council on Alcoholism and Drug Dependence (SANCA)** on **011 892 3829** or send a WhatsApp message to **076 535 1701**.

