



ADDICTION LIVES IN THE DARK

SHINE A LIGHT

THERE IS HOPE FOR A CLEAN LIFE

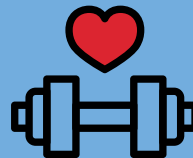
How to control and prevent alcohol abuse:



**Set limits;
stop drinking
by 21h30**



**Avoid triggers like
taverns and heavy-
drinking events**



**Find healthy
habits like
exercise**



**Seek support –
call the numbers
below**

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**.

