



ADDICTION LIVES IN THE DARK

SHINE A LIGHT

SUBSTANCE ABUSE HAS LONG-LASTING CONSEQUENCES

Long-term signs of alcohol abuse:



**Legal and
financial
problems**



**Neglecting
responsibility
(school, work,
family)**



**Health issues
(Liver, heart,
depression)**



**Cravings and
withdrawals**

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**.

