

## SUBSTANCE ABUSE & MENTAL HEALTH AWARENESS

### The Facts

- Substance abuse is the excessive use of a substance.
- The most common substances used are alcohol and drugs.
- The causes or reasons for substance use or abuse are different for each person.
- Substance abuse can lead to addiction and substance use disorders.
- There are more effective ways to cope with life's challenges.
- Substance abuse is treatable and there is help.

**DID  
YOU  
KNOW?**

- Problems at school or work
- Physical health issues
- Neglected appearance
- Changes in behaviour
- Money issues



### Warning Signs

## Factors & Situations that Precipitate Substance Abuse



- Grieving a death
- End of a relationship
- Mental illness
- Environmental influences
- Financial burdens
- Career pressures
- School pressures
- Family demands
- Peer and Social Pressure
- Abuse and trauma
- Boredom
- To fit in
- Curiosity and experimentation
- Rebellion
- To be in control
- To enhance performance
- Isolation
- Misinformation or ignorance
- Instant Gratification
- Relaxation
- Self-medication
- Wide availability

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# # WELLBEINGWARRIORS

## SUBSTANCE ABUSE & MENTAL HEALTH AWARENESS

### Substance Use Disorders

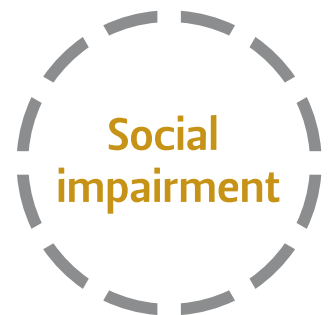


Characterized by cognitive, behavioral and physiological symptoms.



- Intake of larger amounts over a longer period
- Multiple unsuccessful efforts to quit
- Excessive time spent obtaining and using the substance, and recovering from its effects.
- Daily activities revolve around the substance in order to satisfy the cravings.

- Failure to fulfill major role obligation at work, school, or home.
- Social or interpersonal problems
- Withdrawal from social, occupational and recreational activities such as family activities and hobbies.



Failure to abstain despite physical harm or psychological problem.

Marked effects of tolerance levels and withdrawal symptoms.



### Coping strategies & Treatment options

- Meditation and Relaxation techniques (such as Mindfulness)
- Have a support system
- Taking up a hobby
- Spend time with loved ones
- Seek professional help
  - Detoxification
  - Therapy
  - Rehabilitation
  - Medication



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**UFS**  
STUDENT AFFAIRS  
STUDENTESAKE  
DITABATSA BATHUTHI  
STUDENT COUNSELLING AND  
DEVELOPMENT (SCD)

# #WELLBEINGWARRIORS

## SUBSTANCE ABUSE & MENTAL HEALTH AWARENESS



## R E S O U R C E S

### Professional Services

- **Student Counselling and Development**  
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[www.ufs.ac.za/kovsiecounselling](http://www.ufs.ac.za/kovsiecounselling)
- **UFS Student Careline**  
[helpline@sadag.org](mailto:helpline@sadag.org)  
0800 00 63 63 SMS: 43302
- **SADAG Substance Abuse Line 24hr helpline**  
0800 12 13 14  
SMS 32312
- **SADAG Mental Health Line**  
011 234 4837
- **Alcoholics Anonymous**  
0861 435 7222
- **Narcotics Anonymous**  
083 900 6962

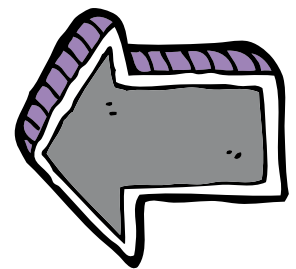
### Empower Yourself

- [Wellbeing Warriors](#)
- [The UFS Student Toolkit](#)
- [MindMatters](#)
- [Mindfulness](#)
- [Substance abuse](#)
- [Medical definition of substance abuse](#)
- [Substance use disorder](#)
- [Substance Abuse Contributing factors](#)
- [10 Best Tips to Help you Stop Smoking](#)
- [Treatment](#)

Warrior of Light

A Story of Hope  
and the Value of  
Friendship

### Inspirational Stories



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