



EXCELLENCE 
COACHING & CONSULTING

GLOBAL STUDENT WELL- BEING SUMMIT

UNIVERSITY OF FREE STATE

DATE: 17 JULY 2025

VENUE: MADIBA ARENA (SOUTH CAMPUS)

PRESENTED BY: MS. O DISEKO

PRESENTATION OUTLINE

PURPOSE OF
THE
GATHERING

DRUG USE,
ABUSE &
ADDICTION

ECONOMIC
FACTORS &
INFLUENCES

MENTAL HEALTH
CRISIS IN SOUTH
AFRICA

COPING
MECHANISMS

SOCIAL
BEHAVIOUR

INTERVENTION
STRATEGY

CONCLUSION

PURPOSE OF THE PRESENTATION

To share knowledge and experiences.



To create a safe space.



To shed light on the mental health crisis and bringing awareness to the ways drugs and alcohol use may affect your mental health.

DRUG USE, ABUSE & ADDICTION

USE	ABUSE	ADDICTION
<p>Intake to:-</p> <ul style="list-style-type: none">✧ Treat an Illness✧ Prevent a Disease✧ Improve Health Condition✧ Social	<p>Intake of drugs, for reasons other than medical, in such a manner that the drugs affects the physical or mental functioning of the person.</p>	<ul style="list-style-type: none">➤ Tolerance➤ Psychological Dependence➤ Physical Dependence➤ Withdrawal Symptoms



ECONOMIC FACTORS & INFLUENCES

Low education levels.

High rates of unemployment.

Dysfunctional families.

Absent parents/fathers.

Childhood traumas.

Psychological and Psychiatric problems.

No role models in the family/society.

LONG-TERM EFFECTS



- ❖ Mood Instability.
- ❖ Reduced Libido.
- ❖ Constipation.
- ❖ Respiratory Impairments.
- ❖ Physical Deterioration.

- ❖ In female abusers, menstrual irregularity and fetal addiction.
- ❖ Employment opportunity.
- ❖ Infections like serum hepatitis and HIV can occur among IV users.
- ❖ Family rejection.
- ❖ Criminal behaviour and imprisonment.

Affects overall quality of life and productivity.

MENTAL HEALTH CRISIS IN SOUTH AFRICA

The relationship between substance use and mental health is complex.

Drugs and alcohol can often be used to self-medicate the symptoms of mental health problems.

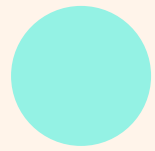
To cope with difficult emotions, or to temporarily change their mood.

Drug and alcohol abuse can make symptoms of a mental health disorder worse.

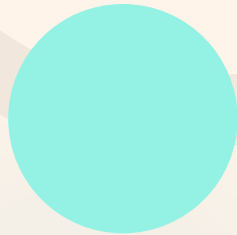
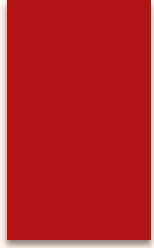
Substance abuse may sharply increase symptoms of mental illness or even trigger new symptoms.

Drug and alcohol abuse can lead to the development of new mental health disorders.

Drug and alcohol abuse can lead to cognitive impairment and decision-making



Signs and Symptoms of SUBSTANCE USE Disorders



General Symptoms to Watch for:

Cognitive Changes

Difficulty concentrating or making decisions and frequent thoughts of self-harm or harming others.

Emotional Changes

Persistent feelings of sadness or hopelessness, and excessive worry or fear.

Behavioral Changes

Withdrawal from social activities or relationships and significant changes in sleeping or eating habits.

Note:

These symptoms can vary widely between individuals and may not always indicate a mental health disorder. It's important to consult with a mental health professional for a proper assessment.



COPING MECHANISM



Problem-based coping is helpful when you need to change your situation, perhaps by removing a stressful thing from your life. For example, if you're in an unhealthy relationship, your anxiety and sadness might be best resolved by ending the relationship (as opposed to soothing your emotions).



Emotion-based coping is helpful when you need to take care of your feelings when you either don't want to change your situation or when circumstances are out of your control. For example, if you are grieving the loss of a loved one, it'd be important to take care of your feelings in a healthy way.

Drugs can also cause users to become paranoid about their relationships, like thinking that their friends are turning against them. Drug users may even become aggressive and violent toward other people, even their family and friends. For these reasons and more, drugs can destroy friendships.



SOCIAL
BEHAVIOUR

INTERVENTION STRATEGIES: WHAT CAN BE DONE?

Emotional Support

Listen without judgment and show empathy.
Explore our talents.

NPOs
Mental Health Clinics
Fostering young boys



Concrete Actions



KEMOJA
I'M FINE!
Without Drugs.

New
Substance Abuse
Whatsapp Chat Line
8am - 5pm | Available 7 days a week

Whatsapp Number
087 163 2025

Chat to a Counsellor

- Free Whatsapp help with a SADAG Counsellor
- Referrals to resources nationwide
- Counselling available in various languages

Building a Caring Society. Together. www.dsd.gov.za



For more info:
Substance Abuse Helpline
0800 12 13 14 (24 Hour)
or SMS 32312



- Universities must create safe space for students.
- Support mental health initiatives on campus and in communities.
- Sports and recreation.
- Creation of internships.
- Pop Up messages.
- Broadcasting awareness. (KOVSIIE)

CONCLUSION

