

Break the Chain!!

Take Back Control!

Alcohol Use - Drinking alcohol does not interfere with daily life.

Alcohol Abuse - Drinking alcohol does interfere with daily life.

Tolerance - Having to drink more and more to get the same effect.

Withdrawal - Physiological reaction when you stop drinking.

When Does Using Alcohol Become A Problem?

- Drinking more than intended?
- Unsuccessful efforts to stop drinking?
- Cravings and desire to use alcohol?
- Missing lectures or tests due to alcohol?
- Having social problems due to alcohol?
- Giving up important activities or hobbies due to alcohol?
- Using alcohol when it is physically dangerous like when driving?
- Experiencing tolerance or withdrawal symptoms?

Long-Term Effects of Alcohol

- Heart-related diseases
- Liver disease
- Brain and nerve damage
- Cancer
- Sexual dysfunction
- Mental health issues
- Relationship problems

Coping Skills

Be honest with yourself and others about the problem.
Learn relaxation techniques.
Keep a gratitude journal.
Develop a strong social support network.
Avoid high risk situations that might trigger the use of alcohol.
Help others.
Exercise regularly & eat a healthy diet.
Attend support group meetings.
Remind yourself why you are changing your life for the better.

Get Help!

SADAG Substance Abuse Helpline
0800 12 13 14 or SMS 32312

Alcoholics Anonymous
0861 435 7222

Narcotics Anonymous
083 900 6962

SANCA
011 781 6410

UP Care Line
0800 747 747

Student Counselling Unit
studentcounselling@up.ac.za

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