



Substance Abuse is the harmful use of any substance.
Substance Addiction is a disease that affects your brain and results in you not being able to stop using the substance even if you want to.
 You can **Abuse** and get **Addicted** to legal or illegal substances.



Examples of Legal Substances

- Alcohol
- Nicotine
- Caffeine
- Sleep Medication
- Anxiety Medication
- Pain Medication

DRUGS

SUBSTANCE ABUSE

NO

AWARENESS

MORE!

Examples of Illegal Substances

- Heroin
- Mandrax
- Methcathinone (CAT)
- Cocaine (Crack)
- Methamphetamine (Tik, Meth, Speed, Ice)
- Ecstasy (E)
- LSD (Acid)



Get Help Today!

- 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

Warning Signs of Abuse and Addiction:

- An urge to use the substance every day.
- Taking more of the substance than you want to.
- Buying the substance even if you can't afford it.
- Using the substance even if it gets you into trouble at university.
- Spending more time alone.
- Not taking care of yourself or caring about how you look.
- Stealing, lying, or doing dangerous things, like driving while high or having unsafe sex
- Spending most of your time getting, using, or recovering from the effects of the substance.
- Feeling sick when you try to quit.