

TIK-AKA

**CHOEFF,
LOLLIES, SPEED,
ICE, STRAWS**
is
**Powerfully
Addictive**

THINK ABOUT IT



Teenagers may be involved with illegal drugs in various ways. Teenagers often experiment with drugs, but don't realize the dangers. Teenagers often feel invincible and don't believe that taking drugs can harm them. There is no quick fix, but we can help you beat TIK. Seek treatment, speak to someone, parents, teachers, community leaders, religious leaders, friends and family.

Parents can help through early education about drugs, open communication, good role modelling and recognising the warning signs at an early stage. If there is any suspicion parents must seek assistance for treatment as soon as possible, by contacting the appropriate institutions and organisations. Parents are encouraged to be honest and open with their children when speaking about drugs and how drugs can destroy lives.



TALK ABOUT IT

Treatment

Phase 1 Detox:

This may include: craving, being irritable, loss of energy, sweating, depression, difficulty in sleeping, hyperventilation and an increased appetite. TIK users often get over withdrawal fairly quickly and often feel cured, but...

Phase 2 Recovery:

This is the period during which the brain recovers from the changes resulting from TIK. Recovering addicts may feel depressed, fuzzy headed and struggle to cope with life without TIK. Most TIK addicts can successfully be treated at home or in their communities with the support of families, government, institutions and organisations listed below.

THE SIGNS OF USING TIK

- Disinterest
- Nervousness
- Anxiousness • Moodiness
- Irritability • Depression
- Aggressive/Volent Behaviour
- Repetitive Behaviour
- Loss of Appetite

STRAIGHT TALK

USING TIK CAN LEAD TO:

Sleeplessness
Nervousness
Confusion
Anxiety

Moodiness
Panic Attacks
Not Eating Properly
Being Paranoid

Heart Failure
Brain Damage

A STEP IN THE RIGHT DIRECTION

MAKE A START

CONTACTS

we are here to HELP you

WESTERN CAPE PROVINCIAL GOVERNMENT

Department Social Services and Priority Allocation Hulsthorpe	0600 220 250	Operating hours	8:00 to 21:00 Weekdays 8:00 to 17:00 Saturdays 8:00 to 17:00 Sundays
Selfer Schools Cape Gateway	0600 464 642 0600 143 142	Operating hours Operating hours	8:00 to 17:00 Weekdays 8:00 to 17:00 Weekdays

Orilline	0600 68 266	Operating hours	24hrs
Libline	021 491 1111	Operating hours	24hrs
CRACK	021 447 8028/80346	Operating hours	24hrs to 18:00 Weekdays
SUNCO	021 946 8060/1	Operating hours	8:00 to 18:00 Weekdays
NAE-AMEN	060 1208701	Operating hours	24hrs

Her-Hero is support groups for families and friends affected by someone's drug addiction.

The line provides a list of numbers of people that can be contacted.

Recovery Awareness 060 1240 327 Operating hours 24hrs

Support groups for recovering addicts. The line provides a list of numbers of people that can be contacted.