

Drug Awareness



**HELP
IS
AVAILABLE**

Physical warning signs of drug abuse/addiction:

- Bloodshot eyes or pupils that are larger or smaller than usual.
- Changes in appetite or sleep patterns.
- Sudden weight loss or weight gain.
- Deterioration of physical appearance and personal grooming habits.
- Unusual smells on breath, body or clothing.
- Tremors, slurred speech, or impaired co-ordination.

Where to get help:

- Department of Social Development toll-free number 0800 220 250 and website www.heretohelp.co.za
- Substance Abuse Helpline toll-free number 0800 12 13 14.



Western Cape
Government

FOR YOU

Health and Wellness