

**SADAG's #FacebookFriday**  
**Online Q&A**  
**26 June 2020**  
**Substance Abuse Prevention Day**



Due to the COVID-19 lockdown, the closures of businesses, schools, universities throughout South Africa, has been costly, stressful and challenging for many. Those that have been particularly vulnerable, are those with Mental Health Issues and Substance Use Disorders. Interruption in recovery programmes and lack of access to mental health professionals in this field, not only delays recovery, but may lead to relapse.

Today's online Q&A chat from 1pm - 2pm will be hosted on SADAG's Facebook page with Psychiatrist, Dr Hemant Nowbath. Dr Nowbath discusses the warning signs of Substance Abuse and prevention strategies for Substance Abuse. He will also unpack drug and alcohol addiction, treatment methods and where to get help for a loved one with Substance Use Disorders.

**Alcohol, Drug Abuse and Mental  
Health during COVID19**



**1pm-2pm: Psychiatrist - Dr Hemant Nowbath**

**f** Facebook Page: The South African  
Depression and Anxiety Group

**globe** Log in via: [www.sadag.org](http://www.sadag.org)

If you, or someone you know, have been diagnosed with a Substance Use Disorder and are struggling to cope with symptoms and the realities of Social Isolation and lockdown, or even if you or someone you know have been using increased amounts of Substances more often, join the chat to learn more about how you can help yourself and others cope more effectively and support each other during these stressful times.

If you'd like to ask your questions anonymously, email them to [research@anxiety.org.za](mailto:research@anxiety.org.za) and we'll post it on your behalf. Then, just watch the chat for answers.

SADAG also provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. Online resources such as brochures, articles and self-help videos can be found at [www.sadag.org](http://www.sadag.org) – To speak to a counsellor call 0800 21 22 23

or the 24 hour Department of Social Development Substance Abuse Helpline  
0800 12 13 14 or sms 32312 (7 days a week, 365 days a year).

## **HOW TO HELP A LOVED ONE WHO HAS A SUBSTANCE ABUSE PROBLEM**

- **Try not to panic! Stay calm and don't fight with them.**
- **Never confront them if they are still drunk or high. Wait until the effects wear off and then approach them.**
- **Support them but don't fund their habit – cut off money, don't pay bills.**
- **Discuss the issues – don't fight the person - listen to what they have to say.**
  - **Don't try to handle it alone – they need professional help. Always.**
- **Support and love them but make sure they know that drug use is not acceptable.**
- **If you ignore the situation – it WON'T go away.**

**24 hr Substance Abuse Helpline  
0800 12 13 14**

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