

Drug and alcohol abuse is on the rise worldwide.

South Africa is witnessing the scourge of addiction as the youth grows dependent on mind altering substances. We're going to tell you about the **Types of Drug Addiction in South Africa**. This is because alcohol and drugs are becoming easier to get hold of, some may say that it is easier for a teenager to get drugs than it is to get alcohol. In the communication and technological age, illegal substances are easier to find and easier to purchase. What many people overlook is the fact that addiction is a disease. There is also hope for addicts in the grip of this progressive illness. Treatment is available for all addictions, from heroin addiction to alcoholism. Recovery is possible.

Widely used drugs in South Africa:

Stimulants/ Uppers

Crack, MDMA, Ecstasy, crystal meth, kat, tik and cocaine are just a few examples of uppers. Uppers or stimulants dangerously increase the heart rate and stimulate the brain. Many people use these substances to feel more powerful, energised and awake.

Typical signs of stimulant abuse include:

- Reduced appetite or no appetite
- High levels of energy
- Dilated pupils
- Insomnia
- Irritability
- Talkativeness
- Anxiety
- Paranoia
- Excitability
- Hyperactivity

Useful telephone numbers

Substance Abuse Line: 0800 12 13 14

SMS: 32312

SADAG: 011 262 6396

Narcotics Anonymous: 083 900 69 62

Sanca: 011 892 38 29 / Whatsapp: 076 535 1701

Downers/Depressants

Heroin, Nyaope (which is heroin), codeine, alcohol, tranquilizers and mandrax are examples of downers. These substances delay certain brain functions, slowing or delaying the user's mobility and speech. In cases such as heroin and alcohol, the user becomes physically addicted to the substance and has to let their body slowly detox from the substance. This is a painful but necessary process.

Typical signs of downer abuse include:

- Drowsiness
- Heaviness of the limbs
- Shallow Breathing
- Dry mouth
- Pinpoint pupils
- Sleeping constantly/ passing out
- Inability to concentrate
- Confusion



Warning signs of commonly abused drugs

Marijuana: Glassy, red eyes; loud talking, inappropriate laughter followed by sleepiness; loss of interest, motivation; weight gain or loss.

Stimulants (including amphetamines, cocaine, crystal meth): Dilated pupils; hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; may go long periods of time without eating or sleeping; weight loss; dry mouth and nose.

Inhalants (glues, aerosols, vapors): Watery eyes; impaired vision, memory and thought; secretions from the nose or rashes around the nose and mouth; headaches and nausea; appearance of intoxication; drowsiness; poor muscle control; changes in appetite; anxiety; irritability; lots of cans/aerosols in the trash.

Hallucinogens (LSD, PCP): Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people; absorption with self or other objects, slurred speech; confusion.

Heroin: Contracted pupils; no response of pupils to light; needle marks; sleeping at unusual times; sweating; vomiting; coughing, sniffing; twitching; loss of appetite.