

Don't let drugs ruin your life

Common substances of abuse are tobacco, alcohol, cannabis (ganja) and other addictive drugs

How to prevent:



Don't give in to the pressure.

Avoid stress and loneliness.

Find alternative ways to cope with life's ups and downs.

How to treat:

Management includes identification, motivation and counselling.

Adopt a healthy lifestyle and practice yoga and meditation to avoid stress.



Remember, if you do it once, it may be forever!
Together, let's stand up against substance abuse & Say Hello To Healthy Life

#LifelsPrecious #SayNoToDrugs | Mental Health Care Act, 2017



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