

Yithi CHA e Zidakamizweni

Toll-Free Helplines 24/7

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I'M FINE!

Without Drugs.



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social development

Department:
Social Development
REPUBLIC OF SOUTH AFRICA



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KOKUSEBENZISA IZIDAKAMIZWA

Ziyini izidakamizwa?

Izidakamizwa ngamakhemikhali aguqula indlela umzimba wakho osebenza ngayo.

Nazi izibonelo:

Ugwayi, isinemfu, insangu, utshwala, isugarzi, imandraksi, ikhokheyini, i-asidi ne LSD, ithikhi, Inyaope, iwhoonga, imithi yokwelapha efana nomuthi wokukhwehlela, namaphilisi okudambisa izinhlungu; kanjalo nezinto zasendlini esizisebenzisa njalo njenge glu, ithaphentayini, ubhenzini, izifutho zokupheka nophethroli. Konke lokhu kuyizidakamizwa abantu abazisebenzisayo ukuze badakwe, ngakho-ke kulula ukba zikungene.

Izidakamizwa ezisemthethweni nezingekho emthethweni

Kunezidakamizwa ezisemthethweni, njengotshwala nogwayi. Kodwa-ke ngokumthetho awuvunywele ukusebenzisa ukuthenga utshwala nogwayi uneminyaka engaphansikweshumi nesishagalombili (18). Kunesizathu esibalulekile salokhu. Umzimba nomqondo wakho usuke usakhula, izidakamizwa (ngisho utshwala nogwayi) kunomthelela engqondweni nasemzimbeni. Intsha esebenzisa izidakamizwa ivamise ukuba:

- Nezinkinga zokufunda
- Ukugula ngengqondo noma izinkinga zomphefumulo
- Izinkinga zokungaphili kahle emzimbeni
- Ukulawulwa yizidakamizwa ebudaleni
- Ukuphambana nomthetho

Kuyini ukusetshenziswa kwezidakamizwa ngokweqile?

Ukusebenzisa budedengu izidakamizwa kusho umuntu osebenzisa izidakamizwa notshwala ngosekweqile.

Izinhlobo zezidakamizwa:



Ezisamakhambi (Cannaboids): njenge marijwana nehhashishi (kwaziwa ngelensangu, idophu, iblantini, iwidi, ihashi, ihempu noma ibhumu)



Ezinomphumela wokubona izinto ezingekho (Hallucinogens): njenge LSD, ikhowe lezimanga (elaziwa ngele -esidi, icandy, noma ishroom)



Ezihabulwayo (Inhalants): njengo phetroli, izithambis zikapende, iglu, ifreoni (yaziwa ngele popperzi, snappers, noma ibagging)



Ezisampuphu (Opiums): njenge heroyini, neophiyamu, (kwaziwa njengesmack, ushukela onsundu noma ijanki).



Ezisazikhuthazi Stimulants): njenge khokheyini imethamfetamani, MDMA (eyaziwa ngelecoke, iblow, inose candy, ithiki, imeth u-ayisi i-ekstasi, E noma I-XTC.

Kungani intsha isebenzisa izidakamizwa?

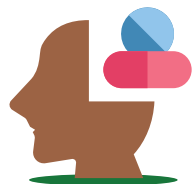
Intsha ihlangabezana njalo notshwala nezidakamizwa ezindaweni zokujabula, emiphakathini, kuthelevishini nasezithombeni ezingamamuv. Ziningi izizathu ezenza intsha isebenzise izidakamizwa:

- **Ingcindezi yontanga:** sonke siyathanda ukuba yingxeny, futhi sizizwele samukelekile kubangani bethu - intsha eningi icabanga ukuthi izidakamizwa iyona ndlela yokwenza lokhu.
- **Ukuzama ukumelana nengcindezi:** enye intsha ayikwazi ukumelana nengcindezi esuke ibhekene nayo. Kule ntsha izidakamizwa zibasiza ukuba bakwazi ukwehlisa umoya bakhohlwe nayizinkinga zabo okwesikhashana.
- **Ukuchitha isizungu:** abanye bazizwela benesizungu, noma benesithukuthezi sokungenzi lutho, izidakamizwa ziba yindlela yokuchitha isizungu nokuzizwela uyingxeny yabantu abathile.
- **Ukungazethembi:** intsha engazethembi nenamahloni ngendlela ebukena ngayo noma engakwazi ukuzakhela abangane kalula - ingasebenzisa izidakamizwa ukuzama ukwakha 'ukuzethemba.
- **Ukutholakala kwazo kalula:** izidakamizwa zitholaka kalula futhi ngamanani aphantsi ezikoleni nasemi-phakathini eminingi.
- **Ukungenwa egazini:** kulabo esizibangene shi egazini, basuke besaba ubunzima bokuhlukana nazo.

Kungani zingalungile izidakamizwa?

Ukubhema kungadala lezi zinto ezilandelayo:

- Ukuqothuka kwezizwele
- Isikhumba esimbi nemibimbi
- Umoya omukayo
- Amazinyo amnyama
- Isifo senhliziyo
- Umdlavuzo



Utshwala bungadala lezi zinto:

- Ukungasebenzi ngendlela kwezitho zomzimba
- Ukushwashwatha lapho ukhuluma kungezwakali
- Isifo sesibindi

Izidakamizwa zingabanga lezi zinto ezilandelayo:

- Amazinyo amabi, isikhumba esibi kanye nokuqothuka kwezizwele
- Izinkinga zokufunda nokwehluleka ukugcina izinto engqondweni
- Ukuphambana komqondo
- Izifo zenhliziyu
- Ukulimala komqondo

IZIMPAWU NOKWELASHWA

Imiphumela yokusebenzisa ngokweqile izidakamizwa?

Ukusenbenzisa izidakamizwa kunomthelela omningi futhi oyingozi. Abasebenzisi bezidakamizwa bagcina bezibandakanya ebugebengwini, balahlekelwe imisebenzi baphinde baxoshwe nasezikolweni. Okukhulu kakhulu bagcina beqhelelana nemindeni kanye nabangani babo, okudala ukuthi bagcine benengcindezi nomuzwangedwa.



Ukuhamba kwezinyele



Ukushwabana kwesikhumba



Ukunuka komlomo



Ukungcola kwamazinyo



Isifo senhliziyo



Ukuphazamiseka kwenqondo



Ukuma kwenhliziyo



Isifo so umdlavuza



Inkinga yokukhuluma



Izinkinga zokufunda



Ukuma kwenhliziyo



Isifo sesibindi

Ngabe usebenzisa izidakamizwa ngokweqile?

Nazi izinkomba ezikhombisa umuntu osebenzisa budedengu izidakamizwa:



- ☐ Ukozela
- ☐ Amehlo abomvu
- ☐ Izinkomba zemijovo yezidakamizwa emzimbeni
- ☐ Iphunga likagwayi noma lensangu elingapheli
- ☐ Ukuguquguquka kwendlela azizwa ngayo
- ☐ Inguquko endleleni adla ngayo
- ☐ Ukuzwa amaphimbo angekho nokubona izinto ezingekho
- ☐ Ukuhlala uxwaye abantu abakuzungezile
- ☐ Ukuba nezinkinga zezimali, zomndeni noma emsebenzini

Uma unomngane osengenwe yizidakamizwa?



Mhlawumbe kunomngane osekudumaze kaningana ngenxa yezidakamizwa; noma kunezinto ezesabisayo azenzayo uma esebhemile noma edakiwe. Akulula neze ukutshela umngane ukuthi unenkinga. Kodwa, uma ubona ukuthi ulengela engozini, ungalekelela ngaphambi kokuba kuze konakale kakhulu. Thatha izinyathelo ngokushesha uma ubona kunenkinga. Musa ukuba nezaba!

- 1.) Khuluma kahle nabo - bengaphuzile futhi bengabhemile.
- 2.) Musa ukubatsheleka imali noma ubakhokhele izikweletu zabo.
- 3.) Tshela umuntu omdala omethembayo - kungaba umzali, isihlobo, uthisha, umfundisi, ikhansela.
- 4.) Shayela kwa SADAG ukuthola usizo: **0800 12 13 14**. Uyaludinga usizo olusemthethweni umngane osengenwe yizidakamizwa.
- 5.) Khuluma iqiniso ungazami ukubaphephisa ngokuqamba amanga esikoleni, kubangane nasemndenini.
- 6.) Zwelana nabo futhi ubeseke kodwa ume eginisweni lokuthi izidakamizwa azilungile ngakho bayaludinga usizo.
- 7.) Ungababalekeli kodwa benze bagonde kahle ukuziphatha okulindele nalokho ongeke ukumele.
- 8.) Zama ukubabonisa okufanele bakwenze kodwa ungabi yisicefe. Kufanele bazithathele ngokwabo isinqumo.
- 9.) Ungathembisa ukubaphelezela noma ubasize ekushayeni ucingo uma bedinga usizo.
- 10.) Zama ukuthola lonke ulwazi ngezindlela abangasizakala ngazo.
- 11.) Ungaqophisani noma wenze izivumelwano zokwethembisana nabo.
- 12.) Bakhuthaze ukuba bakholwe ukuthi basengakwazi ukuguquka noma benze utho ngenkinga yabo.

ONGAKWENZA ESIMWENI ESIPHUTHUMAYO?



- ☐ Zama ukuthola usizo ungamshiyi lowo osenkingeni kuze kufike usizo. Uma ungakwazi noma wesaba, qikelela ukuthi kunomuntu okhona oqaphe isimo.
- ☐ Zama ukuthi angalali ngokulokhu umxoxisa. Uma equlekile zama ukumvusa.
- ☐ Musa ukuzama ukumphalazisa ngaphandle uma kusho udokotela.
- ☐ Ungatatazeli, yehlisa umoya.
- ☐ Ungamfaki ebhavini wamanzi - funa agwilize.

Shayela i-ambulense kule-nombolo  **10177**

Ngabe unenkinga yokusebenzisa izidakamizwa?

- ☐ Uchitha isikhathi esiningi, imali namandla akho ezidakamizweni?
- ☐ Ngabe lenyukile izinga lakho lokusebenzisa izidakamizwa? Usuwenyuke kakhulu esilinganisweni oseywayele?
- ☐ Uzibona ususebenzisa uhlobo owauzitshele ukuthi awusoze wangena kulo?

Amasu okuhlala umsulwa:

- ☐ Tshela abangane bakho ukuthi awusoze uzisebenzise izidakamizwa. Abangane beqiniso bazosihlonipha isinqumo sakho.
- ☐ Xoxela umuntu omethembayo izinkinga zakho, ungazami ukubhekana nezikhathi zengcindezi uwedwa ngokwakho.
- ☐ Yazi okufanele ukwenze uma uzithola usendaweni lapho kunotshwala nezidakamizwa khona. Zama ukuzigwema izindawo ezizokusondeza kuleso silingo.



IZINDAWO ONGATHOLA KUZO USIZO:

SADAG Substance Abuse Helpline 24/7

 **0800 12 13 14**  **SMS 32312**

National Department of Social Development

 **012 312 7500 / 7727**

Narcotics Anonymous

 **0861 00 6962**

National Crisis Helpline

 **011 892 3829**

SADAG Whatsapp 8am-5pm

 **087 163 2025**

Alcoholics Anonymous

 **0861 435 722**

Ambulance

 **10177**