



JUNE 2023

EMPOWERING THE YOUTH

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EMPOWERING THE YOUTH

OVERCOMING CHALLENGES TO BUILD A BRIGHTER FUTURE

June 16th is a day of great significance in South African history, as it marks the Youth Day, a commemoration of the brave young individuals who fearlessly fought against the use of the Afrikaans language as a medium of instruction in Soweto Schools. Today, we recognise the resilience and strength of the youth, and we celebrate their ability to surmount the hurdles they face. As we delve into the challenges our young people confront in the realm of health and wellness, we'll also explore ways they can tackle these issues and build a brighter future for themselves and generations to come.



BENEFITS OF THE PROGRAMME

- 24-Hour health and wellness support for you and your family
- Less stress
- Improve your wellbeing
- Find solutions
- Improve your happiness

How can we help you?

WE ARE WAITING FOR YOUR CALL!

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THE POWER OF THE YOUTH

The youth of today have the potential to bring about tremendous change. They are the driving force behind new ideas, innovations, and fresh perspectives. But with great potential comes an array of challenges. From mental health struggles to physical fitness issues, young people must navigate a complex landscape to achieve their goals.

CHALLENGES

MENTAL HEALTH

With an increase in academic pressure, social media influence, and competitive environments, young people today are more susceptible to anxiety, depression, and other mental health issues than ever before.

OBESITY & PHYSICAL INACTIVITY

Sedentary lifestyles, increased screen time, and easy access to unhealthy foods have led to an obesity epidemic among young people, putting them at risk for chronic diseases such as diabetes and heart disease later in life.

SUBSTANCE ABUSE

Experimentation with illicit drugs and alcohol can quickly escalate into addiction, with devastating consequences for young people and their families.

PEER PRESSURE

The desire to fit in and be accepted can lead to risky behaviour, such as unsafe sex, drug use, and other self-destructive choices.

OVERCOMING CHALLENGES

PRIORITISE MENTAL HEALTH

Encourage open conversations about mental health to break the stigma and create a supportive environment. Promote self-care, mindfulness, and seeking professional help when needed. Schools and communities should provide resources and safe spaces for young people to express their emotions and discuss their concerns.

ENCOURAGE PHYSICAL ACTIVITY

Incorporate regular exercise into daily routines, making it a fun and engaging experience. Schools, communities, and families should create opportunities for young people to participate in various sports and recreational activities to foster a culture of fitness and well-being.

EDUCATE & PREVENT SUBSTANCE ABUSE

Implement comprehensive drug and alcohol education programs, empowering young people to make informed decisions. Parents and Educators should have open and honest conversations about the dangers of substance abuse.

BUILD STRONG SUPPORT SYSTEMS

Encourage young people to surround themselves with positive influences and supportive friends. Provide mentorship programs to guide and nurture their growth and empower them to resist peer pressure.

The youth of today face numerous challenges, but with the right guidance, support, and opportunities, they can overcome these hurdles and thrive. On this Youth Day, let us remember the bravery of the young individuals who fought against Apartheid and draw inspiration from their resilience. By empowering our youth to address the challenges they face head-on, we can create a brighter future for them and our society as a whole. Together, let's nurture the strength and spirit of our young people, equipping them with the tools they need to build a healthier, happier, and more prosperous world.

DRUG AWARENESS WEEK 2023



TAKING RESPONSIBILITY FOR A HEALTHIER SOUTH AFRICA

From 26 to 30 June 2023, South Africa will observe Drug Awareness Week, a national initiative designed to create awareness and inspire action against drug and substance abuse. As members of society, it is our duty to not only look after our own well-being but also support the broader community in its fight against substance abuse. This week serves as a powerful reminder that we all have a role to play in creating a healthier, happier, and more productive society.

UNDERSTANDING THE IMPACT OF SUBSTANCE ABUSE

Substance abuse, which includes the misuse of alcohol, prescription medications, and illicit drugs, poses a significant threat to the physical, mental, and emotional health of individuals and communities. It can lead to addiction, broken relationships, decreased productivity, and increased healthcare costs. In South Africa, the consequences of substance abuse are especially dire, as it exacerbates existing social and economic inequalities.



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TAKING PERSONAL RESPONSIBILITY

FOR OUR HEALTH



As Health Heroes, we are committed to taking personal responsibility for our well-being. In the context of Drug Awareness Week, this means educating ourselves about the risks of substance abuse, supporting those struggling with addiction, and advocating for policies that address this public health issue.

WAYS WE CAN MAKE A DIFFERENCE

EDUCATE YOURSELF AND OTHERS: Learn about the signs and symptoms of substance abuse, as well as the factors that contribute to addiction. Share this information with friends, family, and colleagues to help create a more informed and supportive environment.

ENCOURAGE OPEN DIALOGUE: Break the stigma surrounding substance abuse by openly discussing addiction and its effects on individuals and communities. This will create a safe space for those in need to seek help.

SUPPORT LOCAL INITIATIVES: Participate in events and programmes that aim to raise awareness and provide support for individuals struggling with addiction. This could include attending seminars, joining a support group, or volunteering at a rehabilitation centre.

ADVOCATE FOR CHANGE: Use your voice to advocate for better policies and legislation that address the root causes of substance abuse, such as poverty, unemployment, and lack of access to mental health services.

PROMOTE HEALTHY ALTERNATIVES: Encourage friends, family, and colleagues to engage in healthy activities that promote physical and mental well-being, such as exercise, meditation, and hobbies.

As we observe Drug Awareness Week, let us remember that the fight against substance abuse starts with each one of us. By taking personal responsibility for our health and wellness, we can make a positive impact on our communities and create a healthier, happier, and more productive South Africa. Together, we can overcome the challenges posed by substance abuse and build a brighter future for all.

SEEKING HELP FOR SUBSTANCE ABUSE

A GUIDE TO SUPPORT & RECOVERY



Substance abuse affects individuals from all walks of life, and it is crucial to know how to respond if someone you know or even you are struggling with addiction. Our Health Heroes health and wellness programme offers support through our toll-free 24/7 counselling call centre and via email. This article outlines the steps to take if you suspect someone is suffering from substance abuse and how to access the help available.

RECOGNISING THE SIGNS OF SUBSTANCE ABUSE

The first step is to become aware of the signs and symptoms of substance abuse. These may include:

PHYSICAL CHANGES: Unexplained weight loss, red eyes, changes in sleep patterns, and a decline in personal hygiene.

BEHAVIOURAL CHANGES: Sudden mood swings, irritability, secrecy, or withdrawal from social activities.

PROBLEMS AT WORK OR SCHOOL: Poor performance, frequent absences, or trouble with colleagues or classmates.

RELATIONSHIP ISSUES: Strained relationships with family and friends or involvement in conflicts.

If you notice any of these signs in yourself or someone you know, it is essential to act swiftly and seek help.

Facing substance abuse can be a daunting and lonely battle, but remember that you are not alone. Our health and wellness programme is here to provide the necessary support through our toll-free counselling call centre and email services. By acknowledging the signs of substance abuse and utilising the available resources, we can foster hope and healing for those affected. Let us work together to build a strong, compassionate community that empowers individuals on their journey towards recovery and a healthier, more fulfilling life.

REACHING OUT FOR SUPPORT

START THE CONVERSATION: If you suspect someone you know is struggling with substance abuse, approach them with empathy, understanding, and genuine concern. Encourage them to share their experiences, listen attentively, and avoid passing judgment.

OFFER ASSISTANCE: Inform the person about the support available through our toll-free 24/7 counselling call centre and email services. Assure them that help is readily accessible and that their concerns will be treated confidentially.

ACCESS OUR SUPPORT SERVICES: If you or someone you know is in need of assistance, contact our toll-free counselling call centre at **0800 333 048** or send an email to healthheroes@kulapartners.co.za. Our trained counsellors are available to provide guidance, support, and referrals to appropriate treatment options.

ENCOURAGE PROFESSIONAL HELP: In addition to our support services, encourage the person to seek professional help from a medical practitioner, psychologist, or addiction specialist. This may involve inpatient or outpatient rehabilitation, therapy, or support groups.

OFFER ONGOING SUPPORT: Recovery from substance abuse is a long-term process, and ongoing support is vital. Be there for the person throughout their journey, offering encouragement, assistance, and understanding.

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