JUNE AND SEPTEMBER

CLEAR HEAD. SAFE SHIFT. HELP IS HERE.



1

CLEAR HEAD

No one may work under the influence of alcohol or drugs.

2

TELL US

Tell your supervisor about medicine that may affect your work.

3

GET HELP

Dependence is treatable. Help is confidential.

ON EVERY SHIFT



No alcohol or drugs at work



Declare medicine that may affect work



No alcohol in pregnancy



Asking for help is OK



Help is confidential

SADAG Substance Abuse Helpline, 24 hours **0800 12 13 14**

SANCA WhatsApp **076 535 1701**

In an emergency, call 10177, or 112 from a cellphone.

For confidential support, speak to: _____

26 JUNE: INTERNATIONAL DAY AGAINST DRUG ABUSE. 9 SEPTEMBER: FAS DAY.

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: WHO alcohol fact sheet; UNODC World Drug Report 2026; SADHS 2016; SAMJ; General Safety Regulations; gov.za; Western Cape Government emergency numbers.

General health information only, not medical advice. Speak to a healthcare professional about your own health.