

March includes National Drug and Alcohol Facts Week

# Know the facts about substance misuse and how to get help

Substance misuse problems can affect anyone, regardless of age, background or socioeconomic status.

57% of people aged 12 – 17 do not see harm in consuming five or more drinks once or twice a week.

Alcohol or drugs contribute to 50% of all suicides and over 50% of all violent crimes.

More than half of all traffic accidents and 80% of all domestic violence reports involve alcohol or drugs.

Confronting substance misuse can be challenging, but recovery is possible. Arm yourself with knowledge and seek professional help. Addiction treatment provides the tools and support needed for long-term recovery.

Don't let substance abuse control your life. Take the first step towards recovery today.



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