

# • How to keep your children away from substances?



By showing love & Spending time with children



Teaching children to choose their friend wisely



By teaching them what is right & wrong



Encouraging children to take part in any sports or activities



By keeping track of the Child's activities

## How can I help an addicted child ?

Refer the child to the nearest rehabilitation centre like

**BETHESDA YOUTH WELFARE CENTRE**

Services: OST Treatment  
Counselling  
HIV/Syphilis Testing  
H.No 42, Kip Yan Complex. Near  
Imli ghass. Duncan.

+918257858448

**“Protecting, Promoting  
& Preventing”**

### Contact:

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# SUBSTANCE ABUSE

**Substance** abuse refers to the use of substances (alcohol, drugs, tobacco, etc) for recreational and nonmedical purposes.

## Campaign 2024

“Break Free: Choose Health, Not harm”

- How to identify if a child is taking **substances**?



The Child always want to be alone



Change in behaviour / Mood swings



Lack of energy & Motivation



Sudden disinterest in school activities or work



Lack of interest in clothing, grooming or looks