

# When Disaster Strikes...



## Natural Disasters can occur anywhere

Earthquakes, hurricanes and floods are sometimes unpredictable

We have witnessed a recent phenomenon - the Tsunami

Many lost their lives  
Many lost their dear ones  
Many lost their homes  
Many lost all their belongings  
Many succumbed to injuries

The outcome often seems to be very cruel

Memories may often haunt you

You might have undergone a state of anxiety, depression,  
trauma, sleeplessness, helplessness and despair

It may have affected your usual behaviour patterns  
At times you might have thought of forgetting your worries  
by taking alcohol and other drugs

It is true that many have started consuming more alcohol,  
smoking more cigarettes and beedis and taking even drugs

Did alcohol and other substances helped to solve your problems?

Everyone will agree that it has aggravated the problems

### REMEMBER

Alcohol & other substances can offer no solution  
It affects you mentally, physically, economically and socially  
You spend your hard earned money to buy problems...  
Emotional problems including anger and depression;  
Family problems including conflicts and violence.

## BEWARE

of people who offer you alcohol and other substances  
You may have witnessed many such people and outlets  
mushrooming in the Disaster Zones

They are not your friends; they are your real enemies  
They are interested only in your money

The financial support you have received from Government and  
other Agencies towards rehabilitation is their sole goal  
By offering you alcohol & other substances they rob you of your  
peace and well-being and your life becomes more disastrous

## BELIEVE

Your life is valuable  
Your family is important  
Your future is precious

## ABSTAIN

from alcohol & other substances

## SEEK SUPPORT & ADVICE

If you have an alcohol or drug problem seek support and advice  
from Health Professionals, Social Workers, Spiritual Leaders  
and Voluntary Organizations

Disasters will come and go  
But your life is precious !



**CHOOSE A HEALTHY LIFESTYLE**

“Health is a state of complete physical, mental and  
social well being and not merely an absence of  
disease or infirmity”

*- World Health Organization*