

KEEPING YOUR HEART, MIND AND SPIRIT HEALTHY

Mental health is just as important as physical health. Mental health includes emotional, psychological, and social well-being. It is how we think, feel, and act. Good mental health is important to handle stress, relate to others, and make healthy choices. You can nurture your mental health by:

- Talking to someone you trust about your feelings
- Develop good sleeping habits
- Following the advice in this leaflet for eating healthy, staying active and avoiding excessive alcohol – healthy body, healthy mind!
- Seeking help when you can't cope on your own

If you would like to talk to someone, you can contact:

- Suicide Crisis Line: 0800 567 567
- NPowerSA Mental Health Helpline: 0800 515 515 / SMS 43010 / www.npowersa.org
- SA Depression and Anxiety Group (SADAG) Mental Health Line: 011 234 4837
- DSD Substance Abuse Line 24hr Helpline: 0800 12 13 14 / SMS 32312

DON'T SMOKE OR USE TOBACCO

Tobacco can cause heart disease, cancer and many other illnesses.

If you need help to quit, contact:

- The National Council Against Smoking QUIT Line: 011-720 3145
- CANSA's eKick Butt online smoking cessation programme: www.ekickbutt.co.za

ALCOHOL

Alcohol is not needed as part of a healthy diet, and should be used with caution. Children and pregnant women should not drink any alcohol. You should be having no more than one drink per day if you are a woman or two drinks per day if you are a man.

You may have a drinking problem if you:

- Binge drink – that is, if you drink more than 4 drinks at a time if you're a woman, or 6 drinks at a time if you're a man
- If you drink alcohol first thing in the morning
- If you cannot stop drinking once you start
- If you cannot remember what you did after drinking alcohol

If you think you may have a problem, you can contact:

- South African National Council on Alcoholism and Drug Dependence (SANCA): Phone: 011 892 3829 / Whatsapp: 076 535 1701 / email sancanational@telkomsa.net / Website <https://www.sancanational.info/contact>
- Alcoholics Anonymous (AA): 0861 435 733 / <https://aasouthafrica.org.za/contact/>

ORAL HEALTH

"Good Oral health is important for overall health" For good oral health:

- Brush your teeth twice a day
- Limit consumption of free sugar (e.g. fizzy drinks, cakes, desserts, sweets, juice)
- Visit the dentist twice a year

For more information about dental caries, speak to your local dentist or visit www.who.int/news-room/fact-sheets/detail/sugars-and-dental-caries