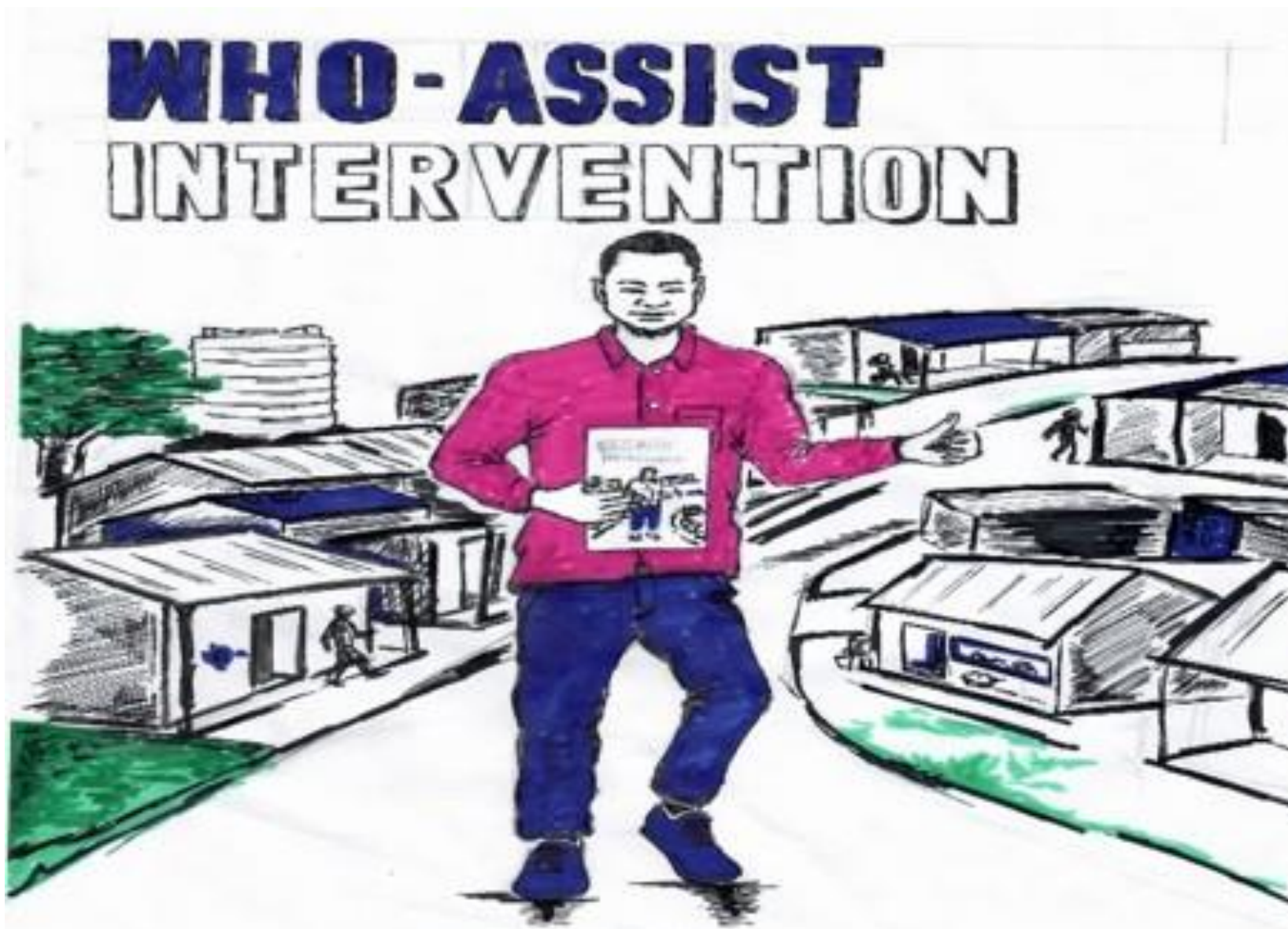


WHO ASSIST- BRIEF INTERVENTION: SOUTH SUDANESE REFUGEES IN NORTHERN UGANDA



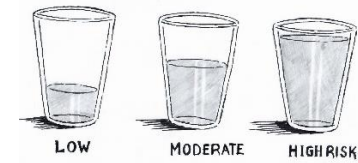
LEVEL OF RISK

Alcohol (Merisha, Miyang, Mokoyo)

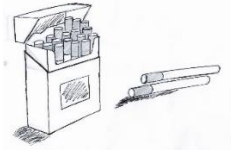


Score:

Risk Level:

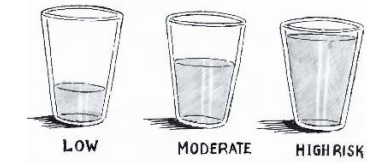


Tobacco (Tumba, Sijara, Sisa)



Score:

Risk Level:

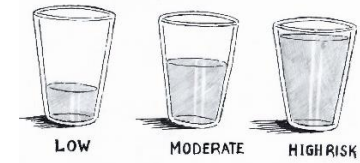


Marijuana (Bangi, Bono, ayina)



Score:

Risk Level:



Stimulants (Marungi, Mira, goro, petikole)



Score:

Risk Level:



Cocaine (azangi, 36)



Score:

Risk Level:

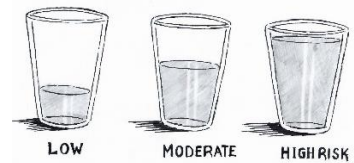


Inhalants (Serecyon, benzin, Petrol)



Score:

Risk Level:

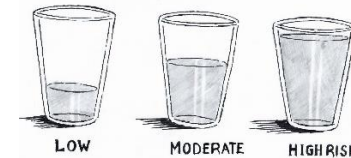


Sleeping pills (volume)



Score:

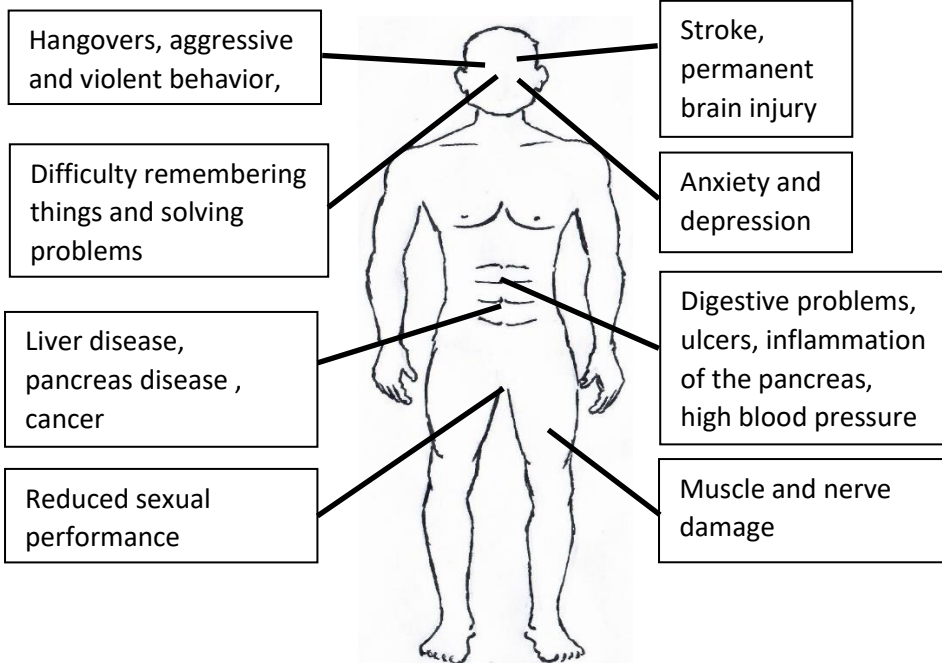
Risk Level:



ASSOCIATED HARMS:



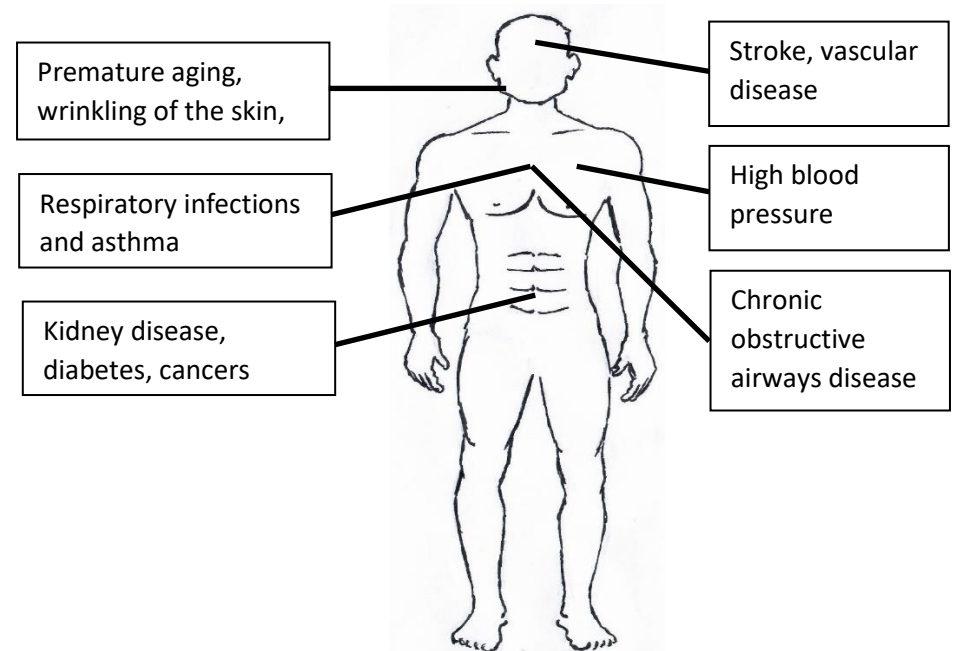
Regular use of alcohol is associated with:



Regular use of alcohol may also lead to relationship difficulties, financial and work problems, accidents and injuries, and suicide.



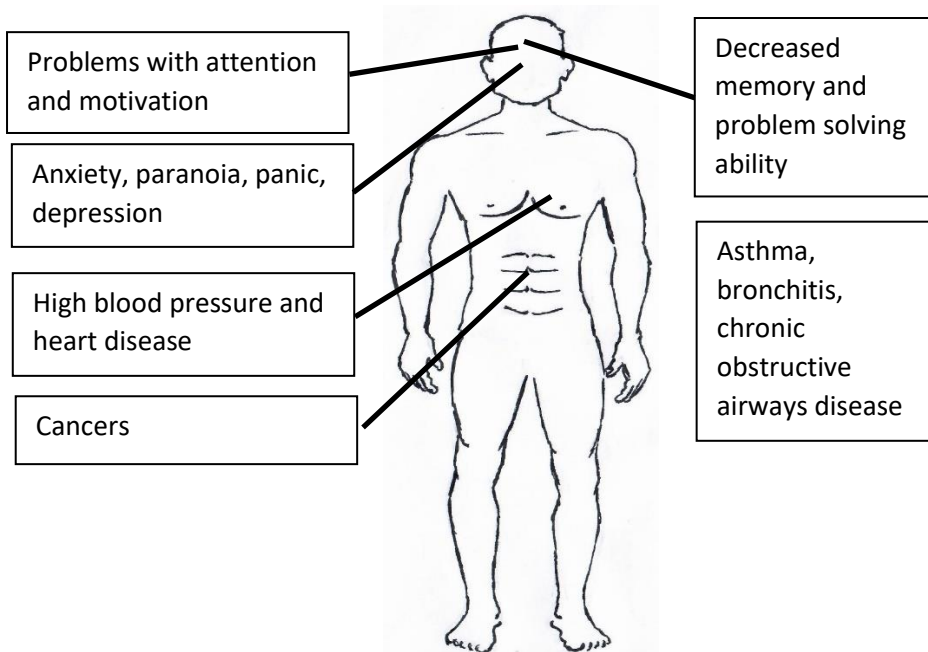
Regular use of tobacco is associated with:



Regular use of tobacco may also lead to respiratory infections, allergies, and asthma in children of smokers.



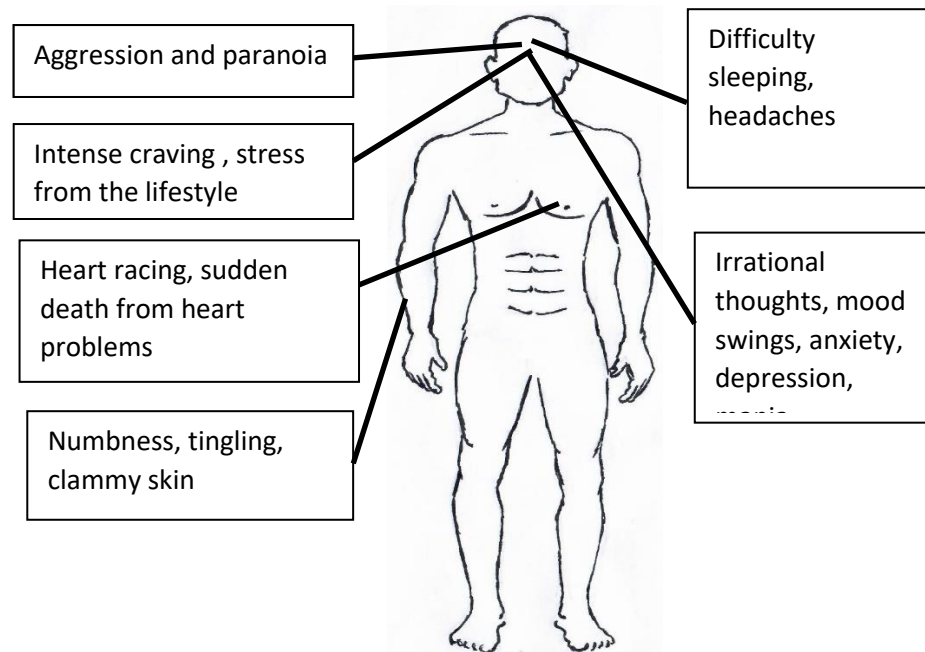
Regular use of marijuana is associated with:



Regular use of marijuana may also lead to psychosis in those with a personal or family history of schizophrenia.



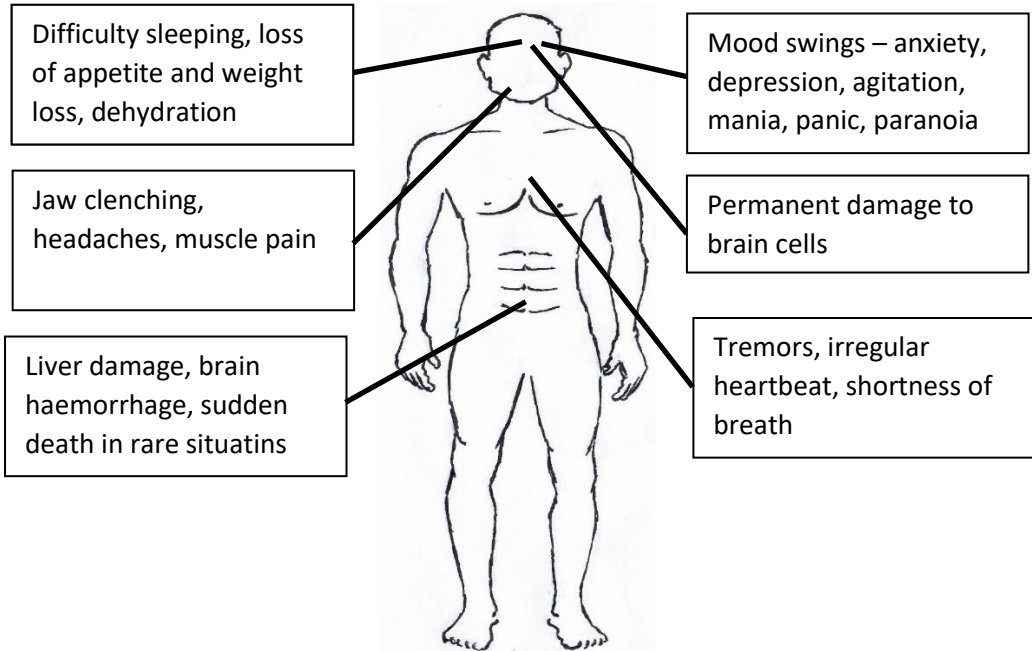
Regular use of azangi is associated with:



Regular use of azangi may also lead to financial problems and accidents and injuries.



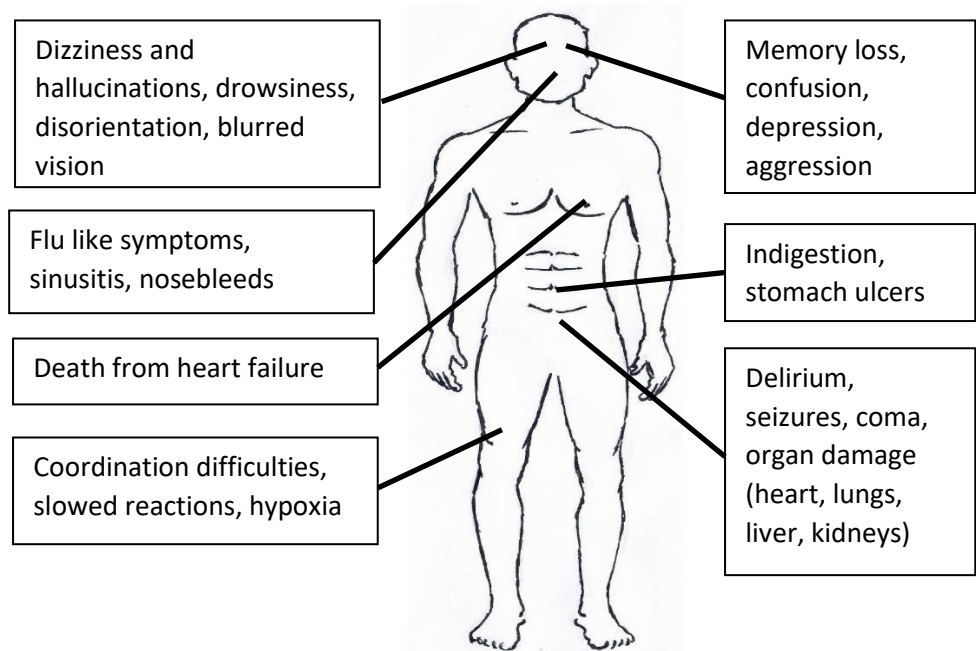
Regular use of stimulants is associated with:



Regular use of stimulants may also lead to aggressive and violent behavior and psychosis after repeated use of high doses.



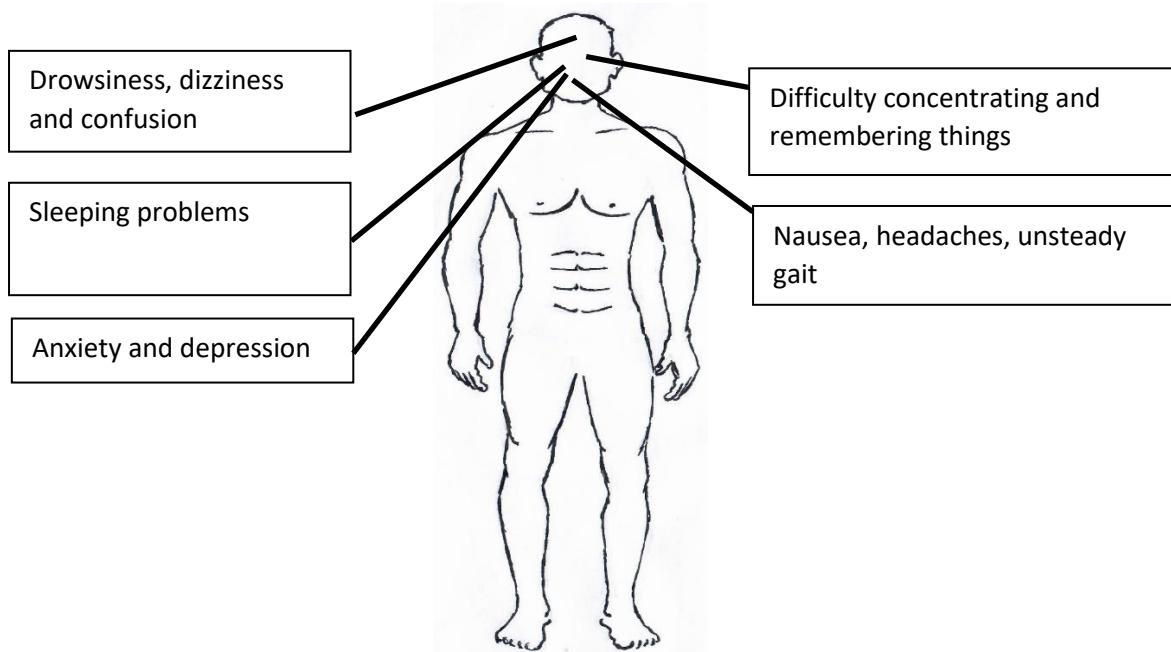
Regular use of inhalants is associated with:



Regular use of inhalants may also lead to accidents and injury.

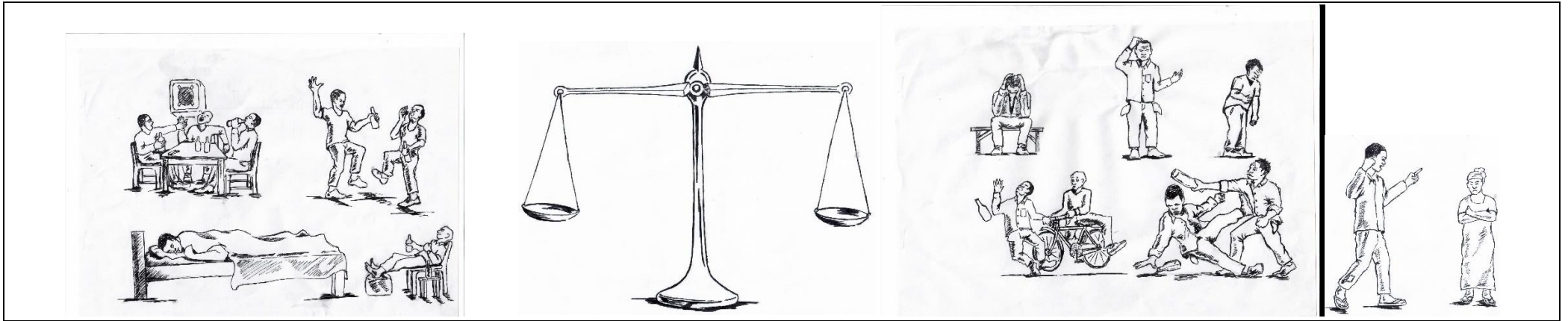


Regular use of sleeping pills is associated with:



Regular use of sleeping pills may also lead to tolerance and dependence after a short period of use, severe withdrawal symptoms and overdose and death if used with alcohol or other depressant drugs.

GOOD THINGS AND LESS GOOD THINGS ABOUT DRINKING/USING DRUGS

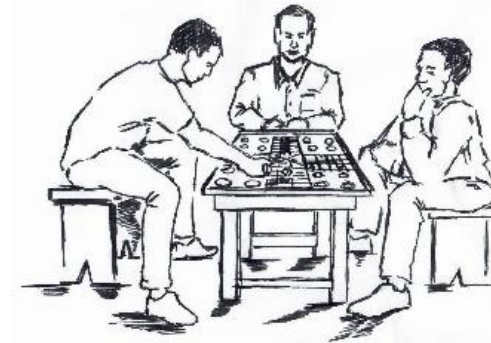


HOW TO COPE WITH CRAVINGS

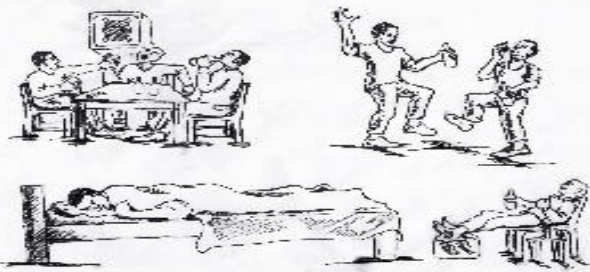
Delay – Delay your use of drugs for 30 minutes. The cravings should lessen, or pass, as may your desire to use.



Distract – Do not sit in one place thinking about drugs while you are having cravings. Get busy! Distract yourself with another activity. This could include chores or a hobby.



Decide – Remind yourself of the positives and negatives about your alcohol use to remind you of why you have chosen the goal of reduction or abstinence.



Positive self talk – Tell yourself that you can do this! Talk to yourself out loud about how cravings are destructive feelings that WILL pass with time. Talk yourself through the consequences and the problems you will have if you start drinking alcohol again.



Relaxation activities –Engaging in relaxing activities can help to take your mind off an urge to use alcohol and/or drugs.

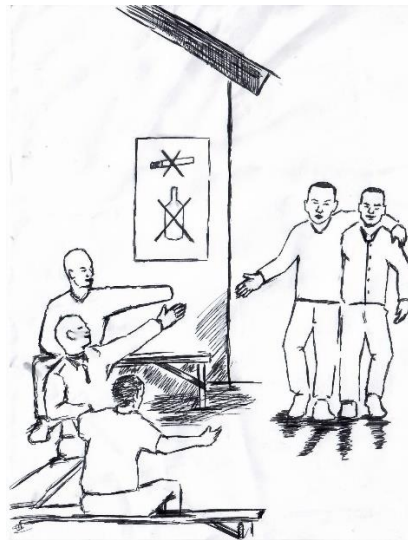


HELPFUL TIPS

Drink plenty of water and other non-alcoholic drinks.



Make non-using friends.



Put the money you save into a special fund to save up for something you really need or want.



Get support from friends, family, religious leader – tell them of your intention to stop and ask for their support

