

CHOOSE TO BE FREE

NOT A PRISONER TO DRUGS

1. **Acceptance:** Acknowledge that you are in a mess. But you can get out.
2. **Reach Out for Support:** Don't be afraid to ask for help.
3. **Seek Professional Help:** Itikia kusaidiwa. You can reach out to DLD.
4. **Set Quitting Goals:** Punguza pole pole!
5. **Develop Coping Strategies:** Learn to cope.
6. **Build a Support Network:** Surround yourself with positive influences and individuals who support your recovery journey.
7. **Commit to quit:** Recovery is a journey, you can quit drugs;

YOU CAN DO IT!

