



## Understanding substance abuse

### Description

**The Wellness Team hosted a Men's Fireside Conversation on the effects of substance abuse in the workplace, aiming to help our men understand and cope with this complex challenge.**

This initiative formed part of Substance Abuse Awareness Month, aligning with the broader theme of National Anti-Drug Awareness.

The purpose of the gathering was to cultivate a safe, respectful, and supportive environment where men could engage in open dialogue, share lived experiences and reflect on the realities of substance abuse. By fostering a culture of empathy and psychological safety within the workplace, we aim to address the complex challenges posed by substance dependency, which affects individuals, families and professional communities across South Africa.



Our country is facing alarmingly high rates of drug dependency, and the ripple effects on mental health, productivity and social cohesion are profound. This event sought to confront these issues head-on, offering both personal narratives and expert insights to deepen understanding and inspire meaningful change.

Through initiatives such as our Men's Fireside Conversation, AfroCentric reaffirms its commitment to holistic employee wellness and social transformation. By creating spaces for honest and healing conversations, we continue to lead with compassion, courage, and care.

If you are struggling with a substance dependency, please reach out to our wellness partner, Lyra Wellbeing, for support.

**Category**

1. Our Wellness

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