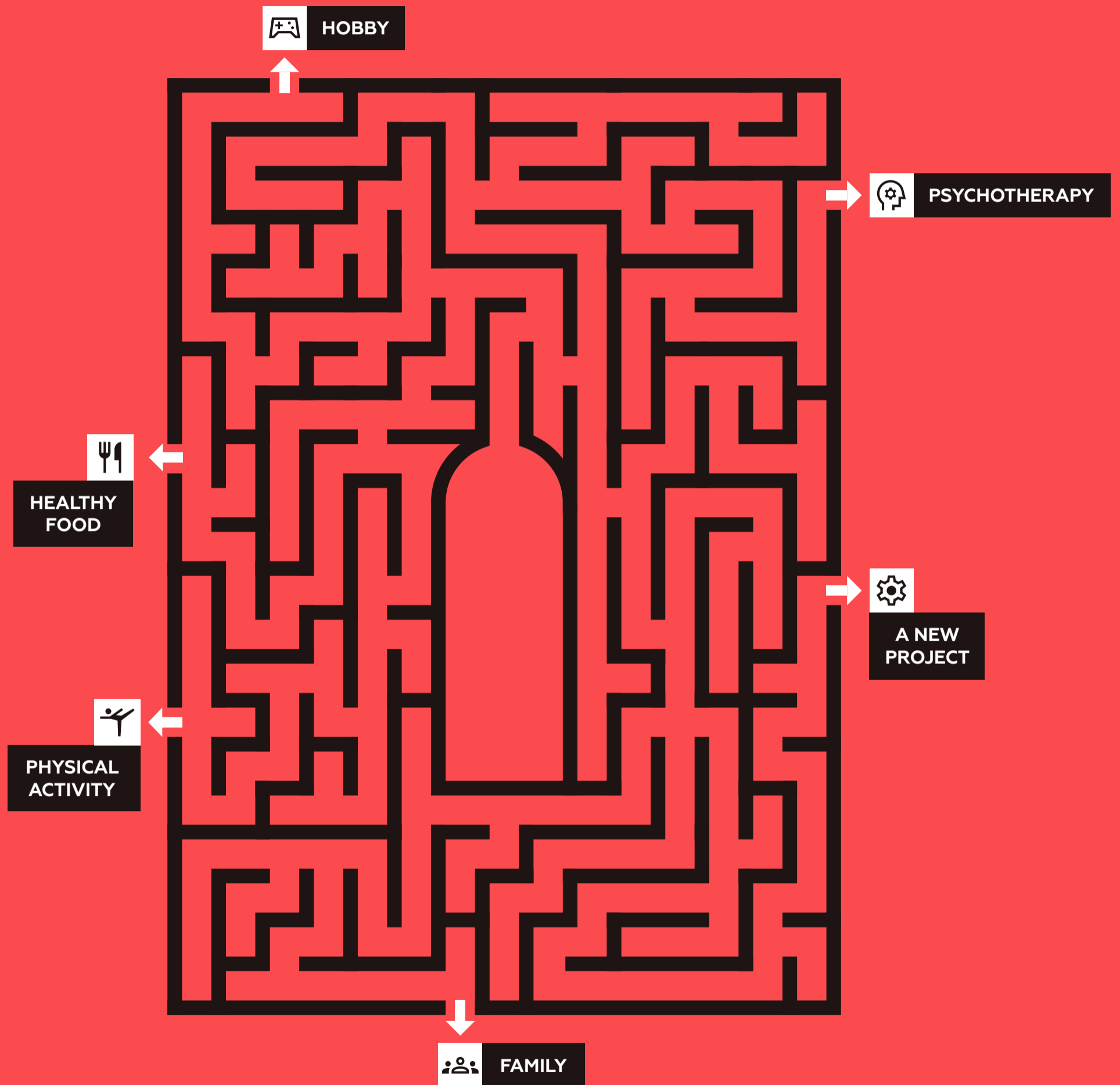


# IT'S NOT EASY, BUT THERE'S A WAY OUT



Each year, alcohol and psychoactive drug use contribute to over 3 million deaths worldwide, and approximately 400 million people are affected by disorders related to these substances. The ideal is to identify behaviors in daily life before they become a problem, and the first step to getting out of this labyrinth is changing habits.

**Have you been through this or do you know anyone in this situation? Seek help!**  
Treatment groups and institutions, such as Narcotics Anonymous and Alcoholics Anonymous, have been working through the Internet.



For more health tips, visit,  
[debemcomavida.mdsgroup.com.br](http://debemcomavida.mdsgroup.com.br)

