Try to keep away from people when they are smoking. It’s okay to say ‘no’ to people who are smoking around you.

**Ways to cut down**

- If you smoke to relax or sleep better, try going for a walk or listen to music.
- Ask for help from family and friends or call a counsellor now on 1300 13 1340.
- Don’t smoke every day – cut down – smaller amounts – gradually stop.

**Ask yourself**

- Am I still getting stoned like I did when I started?
- Is this just a habit?
- Is yarndi all I think about?
- Is it getting me in trouble – causing me problems?
- Make a strong decision to stop and just do it.
- Get rid of your pipes, bongs and all your stuff.
- Ask for help from family and friends or call a counsellor now on 1300 13 1340.
- Save your money – buy something you want or need.
- You don’t have to be a sheep and follow.
Yarndi gets you in trouble with police.

If you are pregnant, smoking yarndi will affect the baby.

Yarndi makes it harder to learn and remember things.

Yarndi can make you more depressed or paranoid about your problems.

If you smoke yarndi all the time, it costs a lot of money.

Here’s some good reasons:

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Help and more info

Alcohol & Drug Information Service: 1300 13 1340 (8:30am - 10:00pm, 7 days)
Aboriginal Drug & Alcohol Council (SA): 8351 9031
Aboriginal Health Council of SA: 8273 7200
Nunkuwarrin Yunti of South Australia: 8406 1600

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