



YARNDI!

Cutting down or quitting – it's your choice



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?

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



Wanna quit

- 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.

*Wanna cut down
or quit cuz?*



Here's some
good reasons:

Yarndi makes it harder to
learn and remember things.

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

It costs a lot of money to
smoke yarndi all the time.

Yarndi gets you in
trouble with police.

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

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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