Wanna cut down or quit cuz?
Here’s some good reasons:
- 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.
- Yarndi gets you in trouble with police.
- It costs a lot of money to smoke yarndi all the time.

Ways to cut down
- 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 quit
- 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.

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

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