Muthan sometimes causes problems:
• accidents – people may fight – sometimes family
• no money for paying bills or rent or for buying food and clothes
• mood swings, arguing, family breakdown
• crime, dealing with police, jail and fines.

What about my family

Alcohol is a drug. It changes the way people think, feel and act.

Muthan may cause Fetal Alcohol Spectrum Disorder (FASD). It can harm the way your baby grows and develops and may cause miscarriage or affect the way your baby learns as a child and adult.

If you are pregnant, or thinking of becoming pregnant, not drinking is the safest option.

Alcohol is a drug.
It changes the way people think, feel and act.
Cuz, drinking too much can make you sick

Hangovers
• sick in the stomach
• headaches
• feeling unwell

High blood pressure
• chest pain
• breathing problems
• heart disease

Liver disease
• hurts to touch
• gives you pain

Brain damage
• loss of memory

Low blood sugar in diabetics

Keep yourself safe
• Don’t drink too much – have no more than four standard drinks on one occasion and, if you drink most days, have no more than two standard drinks each day.
• Pace yourself. Have a non-alcohol drink as a spacer and take sips not gulps.
• Plan safe transport home.
• Make sure you are in a safe place with friends or family.
• If you are aged less than 18 years, not drinking is the safest option.

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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