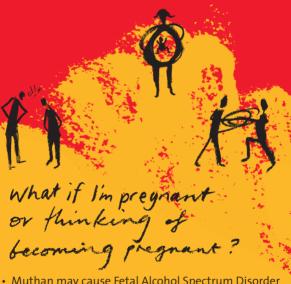


Alcohol is a drug. It changes the way people think, feel and act.

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.



- 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.
- If you're breastfeeding, not drinking is the safest option.

problems for baby

- breathing trouble when born
- weak muscles
- bone and heart problems
- can't sleep well.

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





eep 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.





Government f South Australia







Help and more into

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