



# NGURRU

# YARRI

*Cutting down or quitting – it's your choice*

# NUNTHA PUYU



## 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 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

- 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.

## 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.

## 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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