



ALCOHOL

MUTHAN

*Its effects on me and my family*

UPURUA

GURBBI  
WOMIA



### What about my family

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

- Muthan sometimes causes accidents – people may fight – sometimes family
- Money problems, always buying muthan not paying bills, rent, food or clothes
- Mood swings, arguing, family breakdown
- Crime, forget what you are doing, dealing with police, jail and fines

### What if I'm pregnant?

- Muthan can harm the way your baby grows and develops
- May cause miscarriage
- May affect the way your baby learns as a child and adult
- If you are pregnant, or planning to become pregnant, you should consider not drinking at all
- If you're breastfeeding it's safest not to drink at all

### 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

### Keep yourself safe

- Drink in moderation
- Know when you've had enough
- Don't drink and drive
- If you drink, do it in safe places or with friends or family

### 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