



YARNDI

Cutting down or quitting – it's your choice



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.



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 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.

*Wanna cut down
or quit cuz?*



Here's some
good reasons:

*Yarndi makes it harder to
learn and remember things.*

*If you are pregnant, smoking
yarndi will affect the baby.*

*It costs a lot of money to
smoke yarndi all the time.*

*Yarndi gets you in
trouble with police.*

*Yarndi can make you
more depressed or
paranoid about your
problems.*

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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