



ALCOHOL

MUTHAN



Its effects on me and my family

What about my family

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.



*What if I'm pregnant
or thinking of
becoming pregnant?*

- 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



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.



Government
of South Australia
SA Health

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



ABORIGINAL
DRUG AND ALCOHOL
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