



# NGURRU

cutting down or quitting – it's your choice



## ask yourself

- am I still getting stoned  
like I did when I started?
- is this just a habit?
- are ngurus still there 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 ngurus  
will affect the baby
- ngurus makes it harder to learn and  
remember things
- ngurus can make you more depressed,  
paranoid about your problems
- ngurus gets you in trouble with school
- it costs a lot of money to smoke ngurus  
all the time

## ways to cut down

- if you are over the top or deep before try  
going for a week or more to think
- ask for help from family and friends or  
call a counsellor from 1800 131 313
- don't smoke every day – cut down –  
smaller amounts – gradually stop

## wanna quit

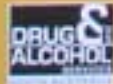
- make ending ngurus your goal and  
just do it
- get rid of your ngurus, things you'll  
miss about
- ask for help – talk to family and friends
- take your money – buy something you  
want or need
- you don't have to be a mess and follow

## help & more info

Alcohol & Drug Information Service  
1800 131 313  
Drug and Drug & Alcohol Council (D&A)  
1800 131 313  
New South Wales Health Council of SA  
1800 131 313



Department of Health  
and Ageing  
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Alcoholics Anonymous  
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The goal of this leaflet is to help you think through it to improve the health and well-being of yourself and others  
by providing the most current drug and alcohol information available.

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