



NUN+HA PUYU

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?
- is nuntha puyu 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 nuntha puyu will affect the baby
- nuntha puyu makes it harder to learn and remember things
- nuntha puyu can make you more depressed, pessimist about your problems
- nuntha puyu gets you in trouble with police
- it costs a lot of money to smoke nuntha puyu 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 13 13
- 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, bong, and all your stuff
- ask for help - talk to family and friends
- save your money - buy something you want or need
- you don't have to be a sheep and follow

help & more info

Alcohol & Drug Information Service
1300 13 1340 (24 hours)

Aboriginal Drug & Alcohol Council (ADAC) Inc.
0343 0395

Aboriginal Health Council of SA
8324 6900

The goal of the South Australian Drug Strategy is to improve the health and well-being of all South Australians by preventing the use of illicit drugs and the misuse of licit drugs.

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