

# GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



headspace

National Youth Mental Health Foundation

## ALCOHOL AND DRUGS

Drugs and alcohol can make you feel good for a little while, but in the long run will make you feel much worse. Drugs and alcohol can also weaken your spirit and your connection with family, community and culture.

It's important to stay safe. These are some signs of when drinking or drug use could be becoming a problem.



**STOP DOING THINGS NOT EATING EATING TOO MUCH FEELING ANGRY OR IRRITABLE STAYING IN BED UNUSUAL SADNESS OVER-SLEEPING FIGHTING WITH FAMILY CAN'T SETTLE DOWN SAD FEELINGS HAVING NO MONEY FOR FOOD LACK OF ENERGY HAVING TROUBLE SLEEPING FIGHTING WITH FRIENDS NO MOTIVATION CAUSING FRIENDS AND FAMILY TO WORRY FEELING GUILTY DARK THOUGHTS CAN'T CONCENTRATE LOSING INTEREST IN THINGS THAT YOU USE TO ENJOY FEELING LIKE YOU CAN'T LIVE WITHOUT IT FEELING BAD RISKY ACTIVITIES YOU WOULD USUALLY AVOID STRESSED OUT**

## ALCOHOL

Alcohol is stuff like beer, cider, wine, spirits or homebrew but you might know it as grog, charge, booze, drink or piss. Alcohol dulls the senses and affects the way you think, feel and act. For most people, alcohol will relax you, slow down your reflexes and affect your balance and coordination. When you're feeling down, alcohol can make you feel even sadder or more angry.

## YARNDI, GUNJA

Yarndi or gunja is also known as cannabis, marijuana, grass, pot, dope and weed. Yarndi can change your mood and slow down your thinking, feeling, movements, memory and concentration. After using yarndi, you might find it difficult to think straight, remember things and solve problems. In the long term, yarndi can make you feel less motivated and feel worse if you are feeling down.

## ICE (CRYSTAL METH)

Ice can be called crystal meth, amphetamines, shabu, and it is the strongest form of speed. These drugs speed you up and make you have lots of energy. They can also make you feel invincible, and this can lead you to do unsafe things that you wouldn't normally do like have unsafe sex or drive dangerously. It can make you lose your appetite, make you sleep less and run you down. Ice might also make you feel worried or suspicious or aggressive. Some people might see or hear things that aren't there.

## STAY SAFE

There is no safe level of drug and alcohol use. Use of any drug always carries some risk – even prescribed medications can cause unwanted side effects. If you choose to use drugs or alcohol here's some ways to stay safe;

- Sip on your drink, don't hook into it
- Take a little bit of the drug first to see how strong it is
- Don't mix your drugs. It can be very dangerous
- Use clean drug utensils
- Don't drive - keep enough money for a cab or organise a lift with someone you trust
- Make sure you have a feed before you start drinking or using drugs and drink lots of water
- It's not safe to drink and use drugs while pregnant
- Avoid drinking or using drugs if you have school, university or work the next day
- Try drinking out of bottles with lids (safe from spiking)
- Look out for your mates
- Look after your health- remember to rest, eat well, sleep and take time out from drugs
- Call an ambulance (000) if things get bad

# STAY STRONG & HEALTHY



GETTING ENOUGH SLEEP AND EATING GOOD TUCKER

STAYING CONNECTED TO YOUR PHYSICAL BODY BY PLAYING SPORTS, MUSIC OR DANCING

RECONNECTING WITH COUNTRY BY HUNTING, CAMPING, FISHING, OR SWIMMING

PRACTICING CULTURE WITH LOCAL TOTEMS AND STORIES  
SPENDING TIME WITH LOCAL ELDERS TO LEARN STORIES, GO ON COUNTRY AND LEARN ART AND CRAFTS

STAYING CONNECTED WITH FAMILY AND FRIENDS WHO GIVE YOU STRENGTH AND SUPPORT

MAKING DEADLY CHOICES AND GOOD CHANGES  
TAKING TIME OUT FOR YOURSELF TO DO THINGS YOU ENJOY LIKE A HOT BATH, BUSH WALK OR DRAWING

## LOOK AFTER YOURSELF

If you are worried about your, or a friends, drug / alcohol use, it can be helpful to yarn with someone you trust.



AGED 12-25?

## HOW HEADSPACE CAN HELP

**headspace** is your space to yarn safe. **headspace** can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

**headspace** has centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, [ehheadspace.org.au](http://ehheadspace.org.au) or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.

FIND OUT MORE AT [WWW.YARNSAFE.ORG.AU](http://WWW.YARNSAFE.ORG.AU)



**headspace** would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

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