

Is it a problem for me?

Do you feel	yes	no
Your sniffing is out of control	<input type="checkbox"/>	<input type="checkbox"/>
Stressed out without sniffing	<input type="checkbox"/>	<input type="checkbox"/>
Worried about sniffing	<input type="checkbox"/>	<input type="checkbox"/>
You wish you could stop	<input type="checkbox"/>	<input type="checkbox"/>
It's real hard to stop	<input type="checkbox"/>	<input type="checkbox"/>

If you said yes to any of these
you could be getting hooked
on sniffing.

Talk to someone
and get help now.

Who can help me?

Kids Help Line

1800 551800 free call
Help with any problems
Open all day and night
Don't have to give names
Anyone under 18 years

Alcohol & Drug Information
Service (07) 3837 5989
(outside Brisbane) 1800 177833
Open all day and night
Free call outside Brisbane
Don't have to give names

Local Doctor:

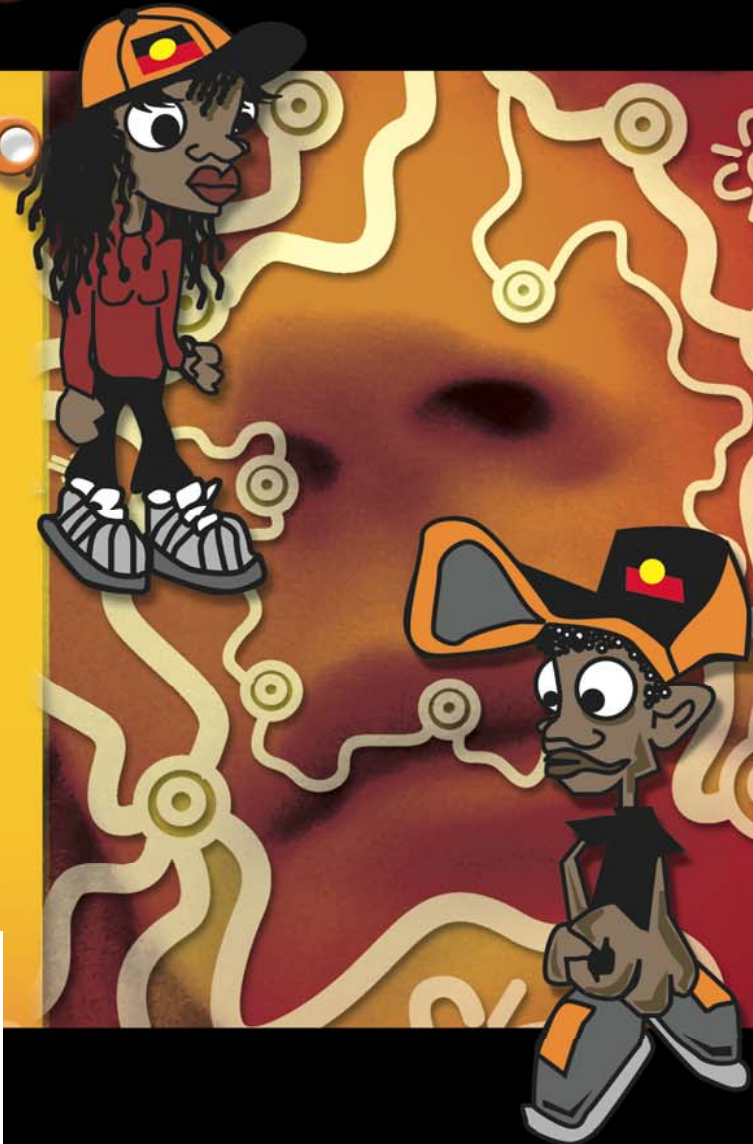
For emergencies

Ring the Ambo on 000

Help close to you

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SNIFTING



SNORTING

It's your call

Your plan...



Might feel
crook for a
few days but
it gets better

What helps you stop ?

Keep busy, play sport, watch TV, go for a walk
Hang out with mates who don't sniff,
Talk with someone
Sleep a lot, drink lots of water, eat small snacks

What I like!

Happy
Makes me forget
Hang out with me
mates
Fun
Laugh

What I don't like?

Feel sad and shame
Makes me agro + get in fights
Wrecks brain & rots your guts
Makes me unco & talk stupid
Do stuff I'm sorry about later
Get addicted