

Is it a problem for me?

Do you feel	yes	no
Using Yarndi is out of control	<input type="checkbox"/>	<input type="checkbox"/>
Stressed out without Yarndi	<input type="checkbox"/>	<input type="checkbox"/>
Worried about the Yarndi	<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 Yarndi.

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:

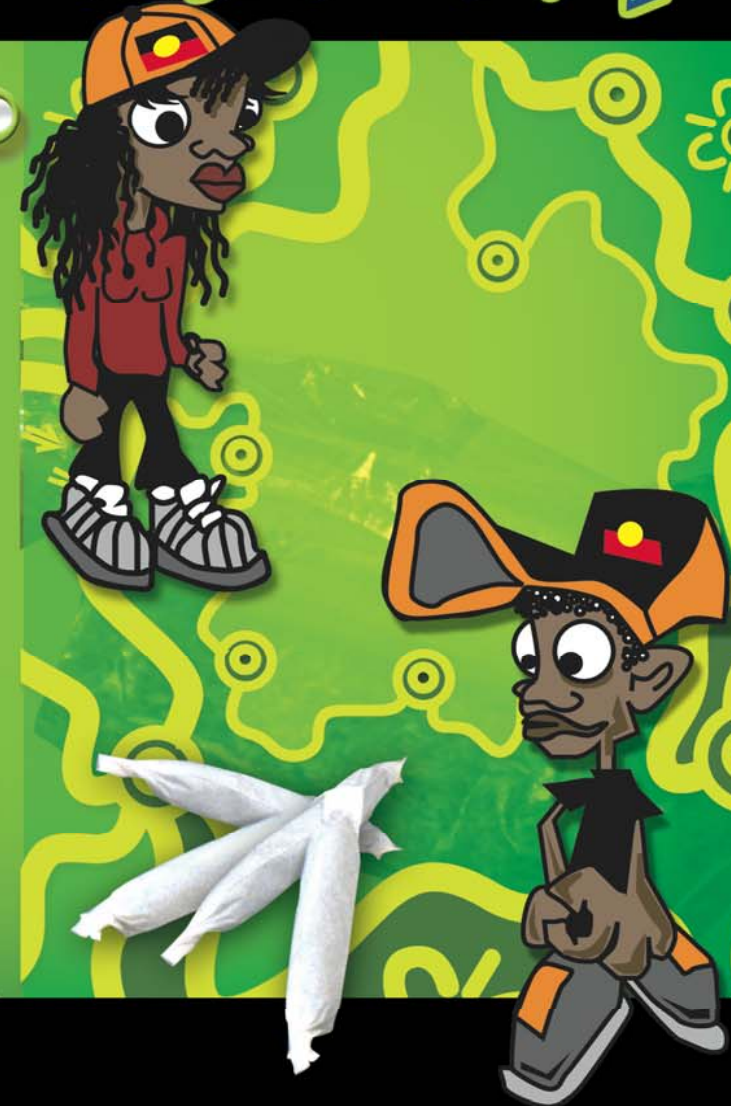
For emergencies

Ring the Ambo on 000

Help close to you

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YARNDI*



YAKINDI

It's your call

Your plan...



What helps you stop ?

Keep busy, watch TV, go for a walk
Hang out with people who don't smoke,
Tell your friends and family you are trying not to smoke,
Sleep a lot, drink lots of water, eat small snacks

Might feel
crook for a
few days but
it gets better



What I like!

Happy
Makes me forget
Hang out with me
mates
Fun
Laugh

What I don't like?

Get agro if I don't get any
Wrecks my brain & can't remember
Problems sleeping, coughs and colds
Get addicted
Costs a lot of money