

## Is it a problem for me?

Do you feel

yes no

Your drinking is out of control

Stressed out without grog

Worried about drinking

You wish you could stop

It's real hard to stop

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

**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:** .....

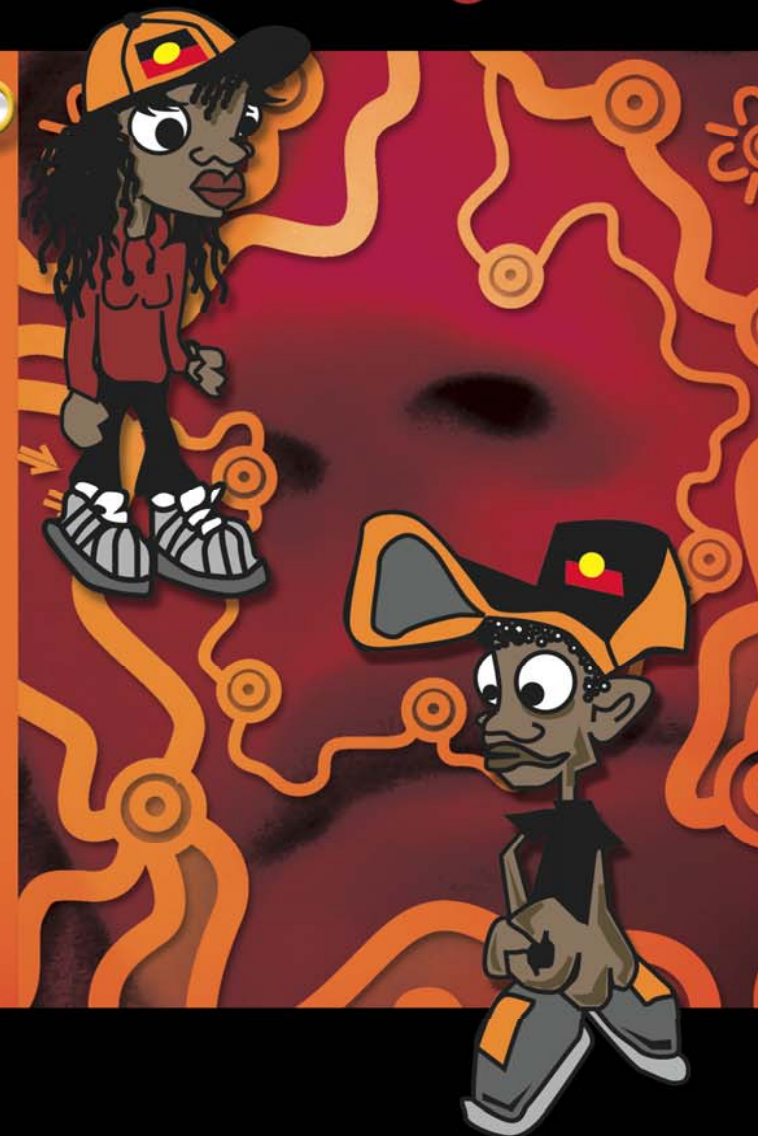
**For emergencies**

**Ring the Ambo on 000**

**Help close to you**

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# GROG



# GRAD

## It's your call

### Your plan...



#### What helps you stop ?

Keep busy, watch TV, go for a walk  
Hang out with chilled out people,  
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 body & brain  
Makes me unco & talk stupid  
Hangovers  
Get addicted