

How gunja can affect the body and brain

Brain and thinking

- damages thinking and memory
- brain has trouble making you feel good
- bad mood, panic and anxiety
- have low motivation
- problems with sleep

Eyes

- bloodshot

Heart

- more chance of heart attack
- unstable blood pressure



Lungs and breathing

- more coughs and infections
- damages lungs
- more asthma
- more chance of cancer

Moving and the body

- coordination is bad
- reactions are slow

Your immune system is weak = get sick often

How do I know if I have a problem?

Ask yourself:

- is gunja making me sick?
- do I need to use more gunja to get stoned than I used to?
- is gunja causing fights with my family?
- do I spend too much money on gunja?
- am I worried about gunja, or think about it all the time?
- am I feeling lazy/slack all the time or not feeling good anymore?

If you answer yes, you could be getting hooked on gunja. Have a yarn to your health worker or GP.

Cigarettes and gunja

It is worse for your lungs if you smoke both gunja and tobacco.

For more information talk to



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Could it be the GUNJA?



Some people have troubles with gunja. If you use gunja, have a think about how gunja is affecting your spirit, health, family and community.



Gunja isn't our culture, it harms our spirit

Feeling down,
stressed,
paranoid,
restless...



Could it be?
the **GUNJA**

- Using a lot of gunja gives people more chance of getting schizophrenia (psychosis), depression (sad, down), anxiety (feeling twitchy and stressed) and panic.
- It may make depression, anxiety and schizophrenia worse.
- Using lots of gunja can increase the risk of suicide in young people.
- Some people get stress and panic when they are stoned.

No money...

Could it be?
the **GUNJA**



- Buying gunja can mean not enough \$\$\$ for food, bills and other good things.
- Being stoned can cause trouble getting work, going to work and doing well at work. Some jobs test to see if workers use gunja and they can fire people for it.
- Needing money for gunja can lead people to do things they regret, like standing over others for money or breaking the law.

Feeling angry,
getting in
fights...

Could it be?
the **GUNJA**



When it is wearing off, gunja can make people angry and aggressive.

Family fighting and feeling
disconnected...



Could it be?
the **GUNJA**

- Gunja can cause fighting over family lifestyle, chores and money.
- Gunja can make people forget important things for the family or community, like getting kids from school or doing things around home.
- Kids are more likely to use gunja if their family does. They may think it is 'normal'.
- Kids might learn the only way to cope with stress, grief or feeling down is to smoke gunja.
- Kids who use gunja have more trouble staying in school.