

# Paranoid?



# Angry?



## Could it be? the **GUNJA**?



# Down?



# Stressed?

When you use gunja, you can get bad stress or think people are out to get you. If you use gunja regularly, you can get angry at everyone when you don't have it. Using gunja may increase the chance of depression, anxiety (feeling fidgety, twitchy and stressed), anger, panic and schizophrenia.



Gunja isn't our culture, it harms our spirit

If you have depression, anxiety or schizophrenia, gunja may make the illness worse by making it more full on and last longer.

Using a lot of gunja may increase the risk of suicide among young people.

**Talk to your GP or health worker about the effect gunja might have on you or your family's health and wellbeing.**

