Drinking alcohol or taking drugs while you are pregnant or breastfeeding may also cause your baby to suffer from:

- Drug addiction
- Sudden infant death syndrome (SIDS)
- Attention and/or learning difficulties
- Facial abnormalities
- Damaged organs and limbs

If you, a family member, or a friend want ‘Help and support’ turn to the back page.

Possession, use and distribution of yarndi is illegal within Australia.

Help and support

DirectLine
Tel: 1800 888 236
24 hours, 7 days a week
Confidential AOD counselling and referral line

Family Drug Help
Tel: 1300 660 068
Monday to Friday 9am-9pm

Youth Support & Advocacy Service
Tel: 1800 014 446
24 hour toll free service
Service for people aged 12 – 21 years

Turning Point Alcohol & Drug Centre
Tel: 03 8413 8413

Victorian Aboriginal Legal Service
Freecall: 1800 064 865

Harm Reduction Victoria
Tel: 03 9329 1500

Australian Drug Foundation
www.druginfoadf.org.au

Victorian Aboriginal Community Controlled Health Organisation
Tel: 03 9411 9411
www.vaccho.org.au

Read more about other drugs within your community in the Healthy Spirit, Healthy Community booklet, available at vaccho.org.au.
Mixing yarndi with other drugs
The effects of taking yarndi with other drugs – including over-the-counter or prescribed medications – can be unpredictable and dangerous.

**Yarndi + Alcohol** = nausea, vomiting, panic, anxiety and paranoia.

Yarndi is sometimes used to help with the ‘come down’ effects of stimulant drugs, such as ice, speed and ecstasy. However, doing this can cause reduced motivation, bad memory and mental health problems.

Giving up yarndi
If you want to give up yarndi, but have been using it regularly for a long time, your body has to get used to working without it. This is why you may experience withdrawal symptoms which may last for less than a week, but your sleep may be affected for longer.

**Symptoms include:**
- Anxiety
- Irritability
- Aggressive and angry behaviour
- Loss of appetite and upset stomach
- Sweating, chills and tremors
- Restless sleep and nightmares

Pregnancy and breastfeeding
Having a baby is a time of great change. If you are thinking about having a baby, pregnant or breastfeeding, it’s important to consider the types of drugs you might be taking and how they could affect your baby. This is important because alcohol and other drugs you take will reach your baby while you are pregnant and breastfeeding.

Drinking alcohol or taking drugs while you are pregnant could cause:
- Miscarriage
- Going into labour early
- Low birth weight