

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 yarrdi 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.druginfo.adf.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.



A guide to yarrdi within our community



Healthy Spirit, Healthy Community



australian
drug FOUNDATION



Yarndi

Street names

Marijuana, pot, weed, hash, dope, gunja, joint, stick, Kronik (synthetic form), cone, choof.

How is yarndi used?

Yarndi is usually smoked or eaten and comes in three different forms:

- **Marijuana** - the dried plant that is smoked in a joint or a bong. This is the most common form.
- **Hashish** - the dried plant resin that is usually mixed with tobacco and smoked or added to foods and baked, such as cookies and brownies.
- **Hash oil** - liquid that is usually added to the tip of a cigarette and smoked.

It takes about an hour to feel the effects of eating yarndi, which means it's easy to have too much. If it's smoked the effects are usually felt straight away. However, you can get more bad side-effects from smoking, especially later in life.

Yarndi can also come in synthetic form, which may be more harmful than real yarndi.

Effects of yarndi

Yarndi affects everyone differently, but you may experience:

- Feeling relaxed and sleepy
- Spontaneous laughter and excitement
- Increased appetite
- Dry mouth
- Quiet and reflective moods

If you have a lot (or get a strong batch), you may also experience:

- Trouble concentrating
- Blurred vision
- Clumsiness
- Slower reflexes
- Bloodshot eyes
- Increased heart rate
- Low blood pressure
- Mild anxiety and paranoia

Long term effects

If you regularly use a lot of yarndi, it may eventually cause:

- Memory loss
- Learning difficulties
- Mood swings
- Regular colds or flu
- Reduced sex drive
- Low fertility (males and females)
- Needing to use more yarndi to get the same effect
- Relying on yarndi to feel good
- No money for food and bills
- Letting down your family and community

Smoking yarndi can also cause:

- A sore throat
- Asthma
- Bronchitis
- Cancer (if smoked with tobacco)

If you have a history of mental illness you are more likely to also experience anxiety, depression and psychotic symptoms. Psychotic symptoms include delusions and seeing or hearing things that do not exist or are distorted.

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