People smoke gunja for many different reasons

Yarning about gunja and your health

What are the **good** things about gunja?

- .....
- .....
- .....
- .....
- .....



Make the change for YOU and your family.

What are the **not so good** things about gunja?

- Feel sad, angry or nervous
- Worry when gunja is gone
- Feel paranoid and anxious
- Cause family humbug
- Poor memory
- Health problems
- Cause family fights
- Don't want to work



Yarning about gunja and your health

Severity of Dependence Scale (SDS)

In the last three months...

SCORE:

Did you ever think your use of gunja was out of control?

Never/Almost never (0)..... Sometimes (1)..... Often (2) ..... Always/Nearly always (3) ☐

Did you worry about missing a smoke?

Never/Almost never (0)..... Sometimes (1)..... Often (2) ..... Always/Nearly always (3) ☐

Did you worry about your use of gunja?

Not at all (0).....A little (1).....Quite a lot (2) .....A great deal (3) ☐

Did you wish you could stop?

Never/Almost never (0)..... Sometimes (1) ..... Often (2) ..... Always/Nearly always (3) ☐

How difficult would you find it to stop or go without?

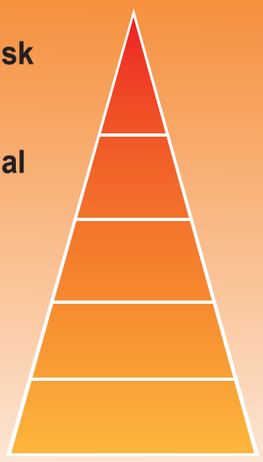
Not difficult (0) .....Quite difficult (1) ..... Very difficult (2) .....Impossible (3) ☐

TOTAL SCORE: 15

Add the number for each question to get your total score

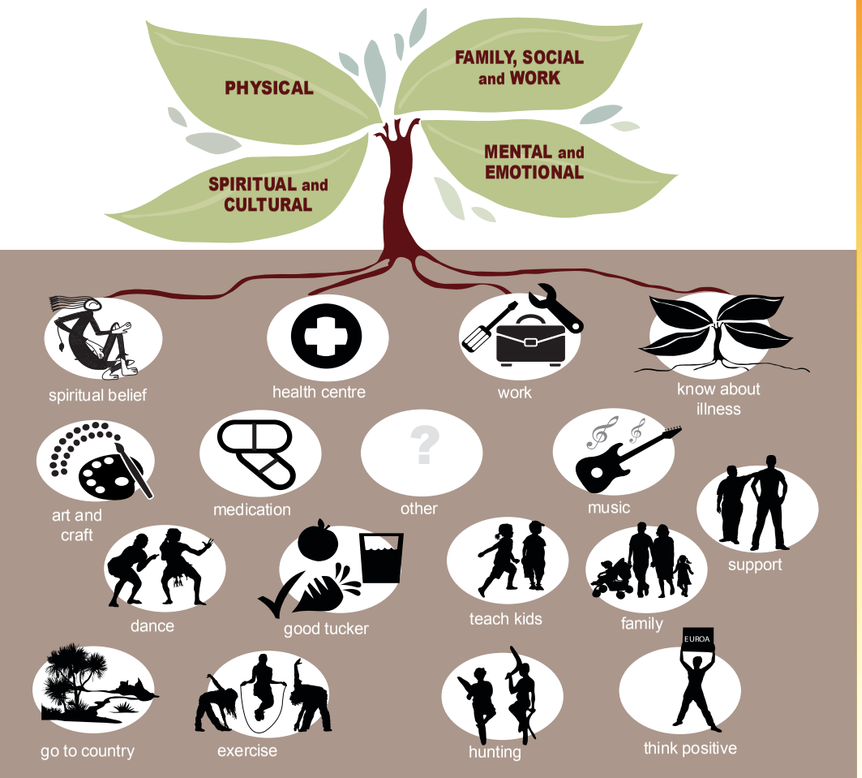
How much of a problem does my gunja use cause me?

Severity of Dependence Scale



The higher your score the higher your risk

What keeps us strong?



Common problems with gunja

When people don't have gunja, sometimes they humbug family for money, threaten suicide, or get depressed or angry. What do you do?

- **Causes family to worry**
- **More anger and fighting**
- **No one looking after kids**
- **No money for food**
- **Paranoid and anxious**
- **Causes sadness**
- **Family humbug**
- **Damages body and brain**
- **Can't live without it**

What happens when you don't have gunja?



Who keeps us strong?



Doing more of what keeps us strong helps us make change

Tips for making change

Make healthy choices, keep busy, spend time with family who don't smoke gunja, play sport, get involved in community and cultural activities, talk to someone you respect and trust, doing something else instead like work, sport, hunting or walking.



Your plan for making change

What is the most important thing for you to change right now?

Goal: _____

What would be your steps for making that change?

Step 1: _____

Step 2: _____

What is another important thing for you to change right now?

Goal: _____

What would be your steps for making that change?

Step 1: _____

Step 2: _____

What would be good about slowing down or stopping gunja?

- Make family happy
- Be a role model for kids
- I could get work
- Play sport
- Connect with culture



- .....
- .....
- .....
- .....
- .....

This pamphlet has been developed by the Remote Alcohol & Other Drugs Workforce Program in collaboration with Menzies School of Health Research's Aboriginal and Islander Mental Health Initiative (AIMhi)NT. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Department of Health on 08 8958 2503 or www.remoteaod.com.au

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September 2012

Who to see

Name: .....

Health Centre: .....

Contact Person: .....

Contact Number: .....

Next Visit: ..... Time: .....

www.nt.gov.au/health



Yarning about Gunja

Name: .....

Northern Territory Government