

Is it a problem for me?

Do you feel	yes	no
Using speed is out of control	<input type="checkbox"/>	<input type="checkbox"/>
Stressed out without speed	<input type="checkbox"/>	<input type="checkbox"/>
Worried about speed	<input type="checkbox"/>	<input type="checkbox"/>
You wish you could stop	<input type="checkbox"/>	<input type="checkbox"/>
It's real hard to stop	<input type="checkbox"/>	<input type="checkbox"/>

If you said yes to any of these
you could be getting hooked
on speed.

Talk to someone
and get help now.

Who can help me?

Kids Help Line

1800 551800 free call
Help with any problems
Open all day and night
Don't have to give names
Anyone under 18 years

Alcohol & Drug Information

Service (07) 3837 5989
(outside Brisbane) 1800 177833
Open all day and night
Free call outside Brisbane
Don't have to give names

Local Doctor:

For emergencies

Ring the Ambo on 000

Help close to you

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STREET



STAY

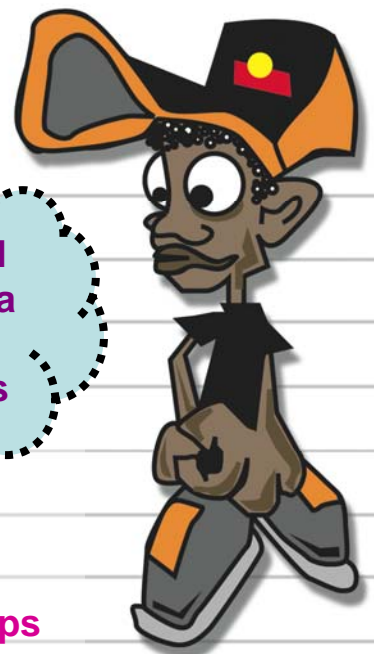
It's your call

Your plan...



What helps you stop ?

Keep busy, watch TV, go for a walk
Hang out with people who don't use speed,
Talk with someone
Lots of sleep and rest, drink lots of water, eat heaps
of small snacks



What I like!

Happy
Makes me forget
Hang out with me
mates
Fun
Laugh

What I don't like?

Feel shame
Makes me agro
Get mood swings
Get too skinny
Get addicted