



Withdrawals

Some people who smoke tobacco and gunja regularly may experience withdrawals, 'hanging out' or 'stressing out' symptoms when they stop using.

Common symptoms include:

- irritability
- aggression
- anxiety
- appetite changes
- restlessness
- sleeping difficulties

Others may experience:

- nausea
- night sweats
- feeling down or depressed

When people stop smoking tobacco and gunja some of the symptoms may also come from nicotine withdrawal. Symptoms may cause discomfort but vary between each person, and may take up to 10 - 30 days to pass. If you experience these withdrawal symptoms remember your body is repairing itself and they will reduce over time.

Quitline 13 7848

or text 0477 765 007 for a callback

The following people can also offer quit support:

- Doctor or GP
- Nurse
- Pharmacist
- Aboriginal Health Practitioner / Worker
- Tackling Indigenous Smoking Educator
- Family and friends

If you are experiencing problems with cannabis (gunja) use contact the **Alcohol and Drug Support Line on 9442 5000 or 1800 198 024** if you live in a regional area.



AHCWA
Aboriginal Health Council
of Western Australia

In association with
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of Western Australia



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Quitline Aboriginal Liaison Team

Tobacco and gunja



More risky together

People who smoke gunja often mix it with tobacco. People may call this 'mulling up'. Gunja and tobacco smoke contain harmful chemicals which cause breathing problems, heart problems and increase the risk of cancer. Smoking gunja and tobacco mixed together is even more harmful than smoking them on their own.

Smoking risks

People who smoke tobacco and gunja:

- Often inhale more smoke, more deeply into the lungs
- Often hold the smoke longer to gain effect
- Increase their exposure to tar, carbon monoxide and other toxic chemicals

Dependence

When people mix gunja and tobacco together they are more likely to become dependent on both substances. Remember this does NOT mean that it is twice as hard to quit.

Did you know?

Driving under the influence of gunja is illegal in Australia.

Second-hand smoke

Second-hand smoke is the smoke that people breathe out, and the smoke that comes off the burning end of the joint, bong or cigarette.

This smoke is harmful to those around you who breathe it in.

Did you know?

Gunja contains more tar per gram than tobacco.



Did you know?

Gunja is a depressant and may affect a person's social and emotional wellbeing.

