



The place for drug + alcohol information
yourroom.health.nsw.gov.au

A - Z of drugs

- Download and order fact sheets
- Find help and support
- Info for parents
- Info for Aboriginal people



Interactive tools

- Test your knowledge
- Alcohol risk assessment
- Standard drink pouring



To talk to someone call the Alcohol & Drug Information Service (ADIS),
a free 24 hour, 7 days a week helpline [1800 250 015](tel:1800250015)



How does yarndi affect your brain?



SHPN: (CPIH) 180554

Artwork provided by Jessica Johnson

To find the answer, more information on drugs and alcohol
and where to get support go to: yourroom.health.nsw.gov.au