

## Kia Ora Ai Te Mauri o Te Tangata DVD

Is about the transformation of two rangatahi Māori, from addictions to the restoration of their own mauri to health and well-being.

The teenagers of Aotearoa, New Zealand, bravely share and tell their stories of how they first became addicted to drugs and alcohol and their journey to recovery and complete wellness.

Justice is now employed as a Youth Addictions Trainee, working with youth.

Rihi is mum to their beautiful son and in the future wants to be working in the Addictions field.

## About Alcohol

Alcohol influences your brain and leads to a loss of co-ordination, slowed reflexes, distorted vision, memory lapses and blackouts;

Drinking large amounts can lead to a coma and even death;

Heavy drinking usually results in a 'hangover', headache, nausea, anxiety, weakness, shakiness and sometimes vomiting;

Alcohol abuse can also lead to violence and conflicts in one's personal relationships.

**For help call alcoholdrughelpline free call 0800 787 797**

or  
txt adh to 234

The Helpline offers confidential information, insight and support on any problem, issue or query people have about their own or someone else's drinking or drug taking.

## About Cannabis

Contrary to popular opinion cannabis is habit forming and many people develop a psychological dependence on it. Regular (most days) use is associated with a number of physical and psychological problems. The more you use and the younger you started using, increases the likelihood of problems. These include:

- Addiction.
- Increased rates of depression and anxiety.
- Increased risk of schizophrenia-like conditions.
- Decreased educational achievement.
- Physical health problems such as heart disease and cancer (the same as for cigarette smoking).