

Smoking
makes
you sick



- Short breath
- Can't walk long way
- Baby sick if mother smokes
- Die young

Free call to Smoking
Quitline dial 08080819,
and you can see the
Sport and Rec Officers
or the Medical
Centre, they can help
you stop smoking and
you will feel better

Smokes will not be provided on reception
from **1 May 2013**

The last day you will be allowed to buy
smokes is **18 June 2013**

Smokes will not be allowed at correctional
centres from **1 July 2013**.

*NT Department of Correctional Services gratefully
acknowledges Phylis Hanna for her original illustrations and
Erik Tikoft for the original concept for this brochure*

Alice Springs

SMOKING **NO** **GOOD** STORY

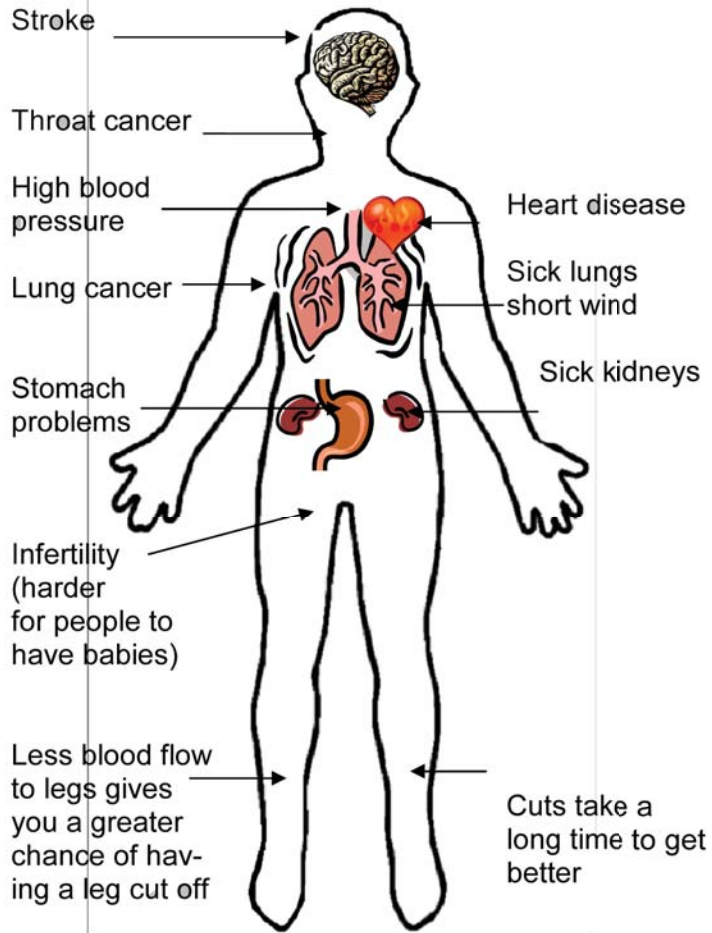
Corrections
will support
you to stop
smoking



You will not be able to smoke
anywhere at the Correctional
Centre from **1 July 2013**. You
have to give up smokes.



What does smoking do to my body?



How do I stop smoking?

1. Set a day to stop smoking (you need to stop by 1 July 2013)
2. Get your family to help you - they may even want to stop smoking too
3. Free call to Smoking Quitline dial 08080819, and you can see a Sport and Rec Officer or the Medical Centre. They can give you patches to help you stop smoking



Things to do when you feel like having a smoke

Take deep breaths and relax



Drink water or tea



Do some training

One of the best ways to forget about smoking is to do training. Not only will you be healthier from giving up smokes, your body will also get fit and healthy from training.

