

Smoking
makes
you sick



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

**Call the Quitline -
dial 13 7848. 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 **16 June 2013**

**Smokes will not be allowed at the
Barkly Work Camp 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*

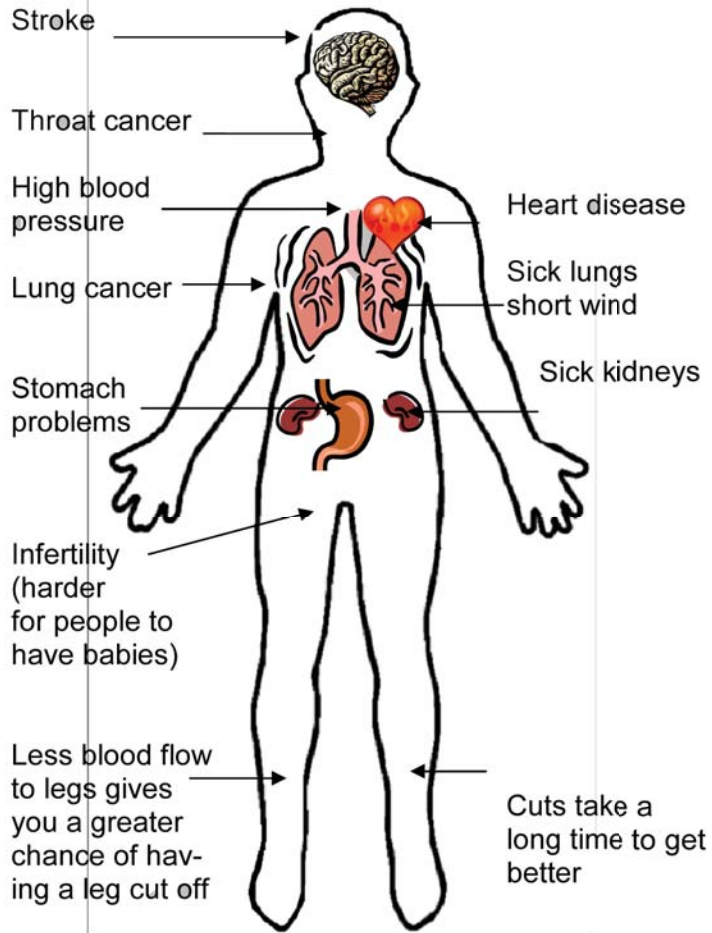
**SMOKING NO
GOOD STORY**

**Corrections
will support
you to stop
smoking**



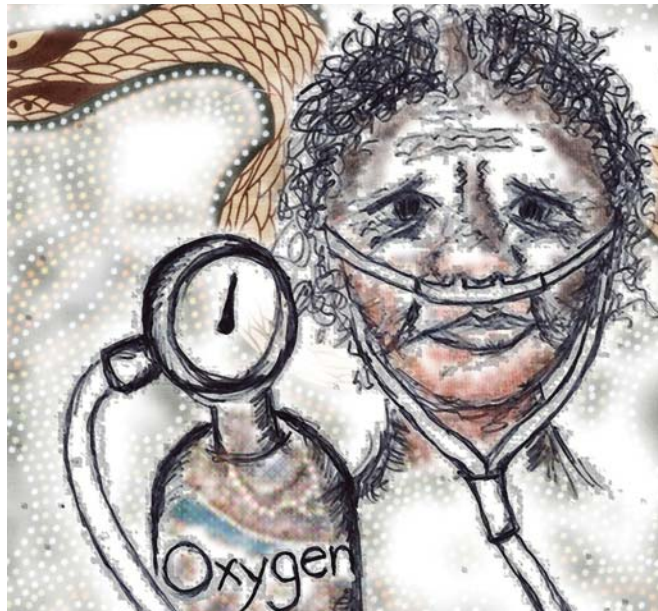
**You will not be able to smoke
anywhere at the Barkly Work
Camp from 1 July 2013. You
have to give up smokes.**

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. Support is available to you from Corrections to help you stop smoking. See a prison officer, they can give you patches to help you stop smoking. Support is also available to you from Anyinginyi in Barkly Work Camp, and you can **call the Smoking Quitline dial 13 7848.**



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.

