



Quitline
Aboriginal
Liaison Team

Tobacco free family



This booklet serves as a guide only.

Individuals, families and communities are strongly encouraged to seek further assistance and support from your Doctor, GP, Nurse, Aboriginal Health Practitioner/Worker or call **Quitline 13 78 48**.



Contents

Introduction	1
History of tobacco	2
What's in a cigarette?	3
Reasons why people may smoke	4
Solid reasons to quit	4
The 4 Deadly Ds	4
Second-hand smoke	5
Quitting methods	6
Quit medications	6
Your body's journey to repair	7
Quitline support	8
How Quitline counsellors can support you	8
Self-referral	9
Call Quitline 13 78 48	9
Planning to quit	10
Our family rules about smoking	12
Tackling Indigenous Smoking Teams	13
Other Services	13



Introduction

Smoking tobacco has a big impact on the health of our families. Exposure to smoke is very harmful for our children and many grow up in homes where people are smoking indoors.

Stopping smoking is a great opportunity for a healthier lifestyle for you and your family. Being smoke-free can make every day more enjoyable, and give you the best chance to be fit, healthy and a solid role model for your family and community.

If you or a family member are planning to quit smoking the Quitline (13 7848) can help. The Quitline offers confidential telephone support for you and your family and can help you stay focused and motivated.

This booklet can help you and your family be tobacco free, assist in helping you plan your quit attempt and keep on track to becoming a non-smoker.



History of tobacco

Before colonisation Aboriginal people used native tobacco. Some called it 'Pituri'. It was often used as:

- Means of trade
- Welcoming of other tribes
- Used to stun animals for easy capture
- Used as a relaxant
- Used as an anaesthetic

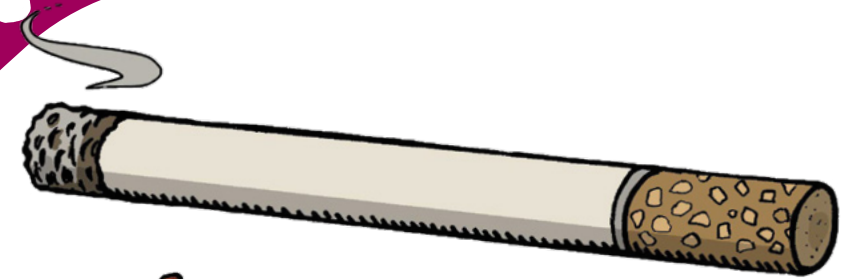
When the European settlers arrived in Australia in 1788, they introduced smoking tobacco to Aboriginal people. It was given to them as a form of wages, for work or labour. Many Aboriginal people became addicted or dependent.



What's in a cigarette?

Cigarette smoke contains around 7,000 different chemicals. Some of them are:

- Paint thinner (turps)
- Butane (used in lighter fluid)
- Arsenic (insecticides)
- Ammonia (chemical cleaner)
- Acetone (nail polish remover)
- Lead (toxic metal)



Reasons why people may smoke

- Stress
- Coping mechanism
- Peer pressure
- Habit
- Weight loss
- Social inclusion

Solid reasons to quit

- Save money
- Be a good role model for your kids and community
- Live longer
- Be there to pass on culture and knowledge
- Make the family proud
- Have more energy
- Feel healthier
- Know you're keeping your kids safe and healthy

The 4 Deadly Ds

The 4 deadly Ds can be useful to manage cravings:

- Delay
- Deep breath
- Drink water
- Do something else

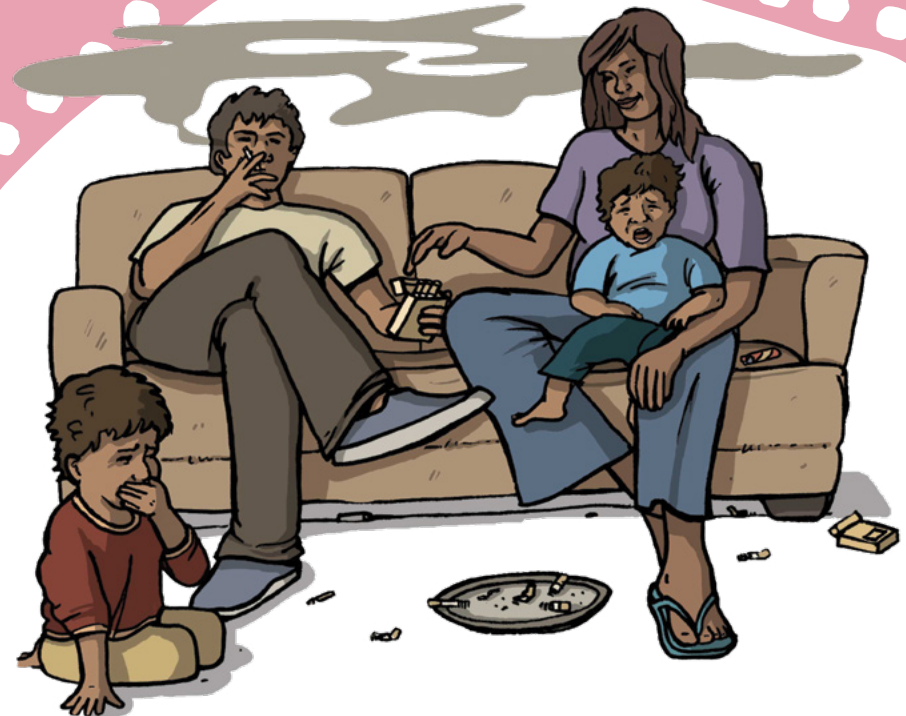


Second-hand smoke

Second-hand smoke is the smoke which people breathe out or smoke that comes off the end of a burning cigarette. This smoke is harmful to those around you who breathe it in.

How to protect yourself and your loved ones from second-hand smoke

- Choose not to smoke in the house
- Have a designated smoking area away from the house
- Don't smoke in the car
- Use signs or stickers so family and friends know the appropriate place to smoke
- If you're a visitor ask where you can smoke
- Take extra care around our Elders, pregnant mothers and especially our children.



Quitting methods

Going cold turkey

- Giving up the smokes suddenly
- No prescribed medication
- Use of other distractions

Gradual approach

- This means you cut down the number of smokes you have each day, until you no longer smoke

Quitline - 13 78 48

- Self referral or GP referral
- Aboriginal counsellors available
- Confidential
- Non-Aboriginal Quitline counsellors are trained to practice in a culturally safe and sensitive way

Quit medications

- Medications are available which can reduce withdrawal symptoms
- These are Nicotine Replacement Therapy (NRT) products and some prescription medications
- Discuss with your GP or Aboriginal Health Practitioner/Worker if these would be OK for you



Your body's journey to repair

8 hours Excess carbon monoxide is out of your blood

5 days Most nicotine is out of your body

1 week Your senses of taste and smell improve

4 weeks Your blood flow is improving

3 months Your lungs are working better

1 year Your risk of heart disease has halved

5 years Your risk of stroke has greatly reduced





Quitline support

Quitline is a confidential telephone counselling service. When you call Quitline you speak with a professional counsellor, trained to support you wherever you may be on your quitting smoking journey.

How Quitline counsellors can support you

Quitline counsellors understand that quitting can be tough and will not judge you. They know it might take a while for you to find the right way to quit – but they'll continue to support you on your journey to successfully becoming a non-smoker.

Self-referral

Call Quitline 13 78 48

- Empowers you to develop your own quit plan
- Offer free call backs
- Offer you support at every step of your quit journey
- You can speak to an Aboriginal counsellor if preferred
- Offer confidential service



Planning to quit

Having a plan can help you see the benefits of quitting.

Writing down the benefits for you and your family can help keep you focused and motivated.

Call Quitline 13 78 48 for help with your quit plan.

My quit plan

My reason for quitting

Benefits for me

Benefits for my family

My main barriers are

My strategies are

My support people are

My quit day is

Our family rules about smoking:

1. Don't smoke near our kids

2.

3.

4.

5.

6.

7.

8.



Tackling Indigenous Smoking Teams

AHCWA Member Services:



AHCWA

Aboriginal Health Council of Western Australia

450 Beaufort Street, Highgate WA, 6003 | (08) 9227 1631



Bega Garnbirringu Health Service

16-19 McDonald Street, Kalgoorlie WA, 6430 | (08) 9022 5500



Broome Regional Aboriginal Medical Service

2 Dora Street, Broome WA, 6725 | (08) 9192 1338



Derby Aboriginal Health Service

1 Stanley Street, Derby WA, 6728 | (08) 9158 4200



Geraldton Regional Aboriginal Medical Service

Rifle Range Road, Rangeway WA, 6530 | (08) 9956 6555



Mawarnbarra

Mawarnkarra Health Service

20 Sholl Street, Roebourne WA, 6718 | (08) 9182 0851



NGAANYATJARRA HEALTH SERVICE

Ngaanyatjarra Health Service

2/58 Head Street, Brainting NT, 0870 | (08) 9363 1805



Nindillingarri Cultural Health Services

52 Fallon Road, Fitzroy Crossing WA, 6765 | (08) 9193 0093



Ord Valley Aboriginal Health Service

1125 Ironwood Drive, Kununurra WA, 6743 | (08) 9166 2200



PAMS

Puntukurnu Aboriginal Medical Service

65 Mindarra Drive, Newman WA, 6753 | (08) 9177 8307



HEALTH SERVICE ABORIGINAL CORPORATION

Wirraka Maya Health Service Aboriginal Corporation

17 Hamilton Road, South Hedland WA, 6722 | (08) 9172 0400



Yura Yungi Medical Service Aboriginal Corporation

Terone Street, Halls Creek WA, 6770 | (08) 9168 6266

Other Services:

Southern Aboriginal Corporation

45/47 Serpentine Road, Albany WA, 6330 | (08) 9842 7777

WA Country Health Service Wheatbelt

65 Wellington Street, Northam WA, 6401 | (08) 9690 2888

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



AHCWA

In association with
Aboriginal Health Council
of Western Australia



Government of **Western Australia**
Department of Health

© Department of Health, Western Australia 2020

Funded by the Australian Government Department of Health

