



Government of Western Australia
WA Country Health Service



Ngamari Free

**Are you a smoker? Do you have a chronic disease?
Now is the time to stop smoking! You will have the best chance of quitting for good if you:**

Know your triggers to smoke and plan for them.



Manage your physical and mental health.



Create new habits instead of smoking.



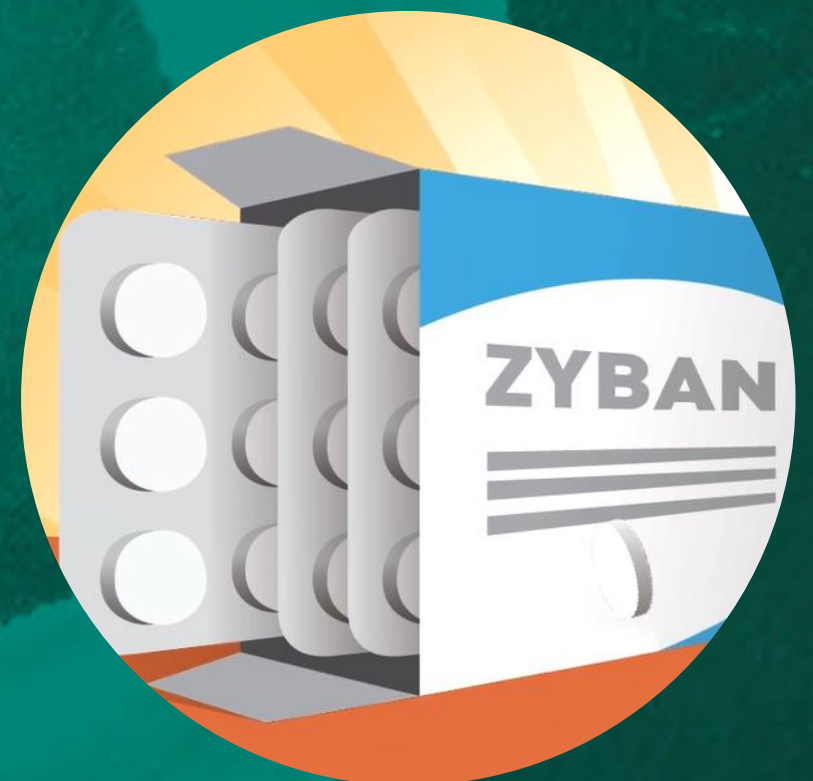
Stay connected to family and friends.



Contact local smoking cessation support groups.



Nicotine Replacement Therapy (NRT) is also an evidence based method to quit.



If you'd like to know more about quitting smoking and the support available to you please call the Wheatbelt Aboriginal Health Service on (08) 9690 2888 and speak to the No More Ngamari team.

Get in touch

Telephone: (08) 9690 2888

Address: 65 Wellington St, Northam 6401



MyHealthyWheatbelt



Wheatbelt Aboriginal Health Service

WA Country Health Service

COMMUNITY | COMPASSION | QUALITY | INTEGRITY | EQUITY | CURIOSITY

