



Government of Western Australia
WA Country Health Service



Ngamari Free

E-cigarettes fill your lungs with toxic vapour and will not help you quit.



Using nicotine replacement therapy (NRT) and yarning to quit support will give you the best chance of quitting.



NRT will give your body small amounts of nicotine to help curb withdrawals and kick the ngamari (smoke).

Be smart, don't start vaping and be ngamari free.

For more information about e-cigarettes and the risks of vaping

Please call the Tackling Indigenous Smoking Team on (08) 9690 2888

Telephone: (08) 9690 2888

65 Wellington Street, Northam,
Western Australia 6401

MyHealthyWheatbelt



Wheatbelt Aboriginal Health Service

WA Country Health Service



COMMUNITY | COMPASSION | QUALITY | INTEGRITY | EQUITY | CURIOSITY