

Where can I get support to quit?

If you want to yarn about your smoking or are thinking about quitting, there is support available.

No More Ngamari

'No More Smokes' is a free culturally appropriate quit smoking program, providing support and free nicotine replacement therapy. Call Wheatbelt Aboriginal Health Service on 9690 2888.

Wheatbelt Quit Smoking Program

Free local support and advice. Aboriginal clients receive free nicotine replacement therapy. Call Wheatbelt Public Health Unit on 9690 1720.

Quitline

A private and confidential yarning service. Quitline Advisors will listen to your story and offer support and strategies to quit or cut down. Call Quitline on 13 78 48.

Health Professional

Yarn with your GP, pharmacist, community health worker, or Aboriginal Health Practitioner.



Government of Western Australia
WA Country Health Service



Ngamari Free

Young People and Smoking

Keep your future healthy,
happy and smoke free



This resource has been prepared by Ngamari Free (Smoke Free), the Wheatbelt Tackling Indigenous Smoking (TIS) Program.

TIS is a federally funded program working to reduce smoking among Aboriginal People.



Ngamari Free

We understand the Noongar language is traditionally a spoken language and have consulted the Noongar Dictionary, elders and a Noongar language expert. We respect the diversity of the Noongar language in our vast region and acknowledge the many different dialects and alternative spellings of ngamari, nyumree and ngummarree.

Wheatbelt Aboriginal Health Service

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The painting used for graphical illustration in this document is by Bianca Wilder and graphic illustrations are the work of Patrick Bayly.

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Issue date: 18/03/2019 Review date: 18/03/2021

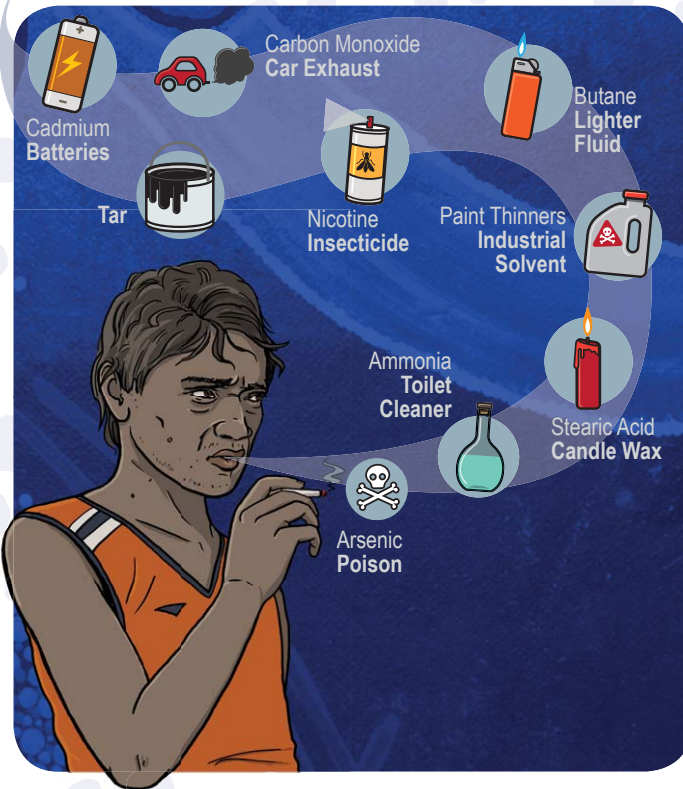
Steering clear of smokes

Not smoking is best for you and your future

Smoking can make you sick and lead to a shorter life with less money to spend on things you enjoy.

The leaves of the tobacco plant naturally contain chemicals and there are also substances added by tobacco companies when cigarettes are made.

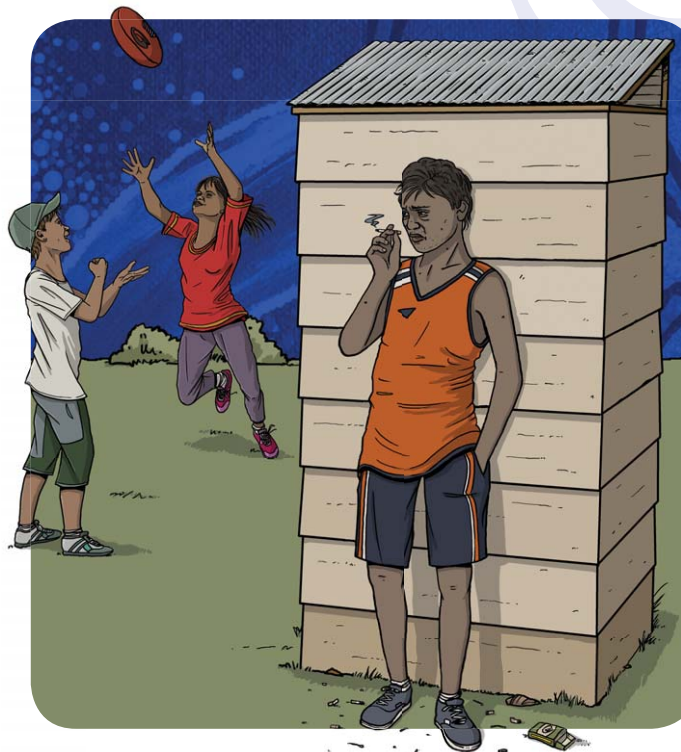
Cigarette smoke contains thousands of chemicals which everyone near a smoker also breathes in.



Not smoking is the single best thing you can do to reduce your risk of cancer, heart disease or stroke and have a long, happy and healthy life.

Smoking can affect and upset different things in your life

- Being active is harder
- Hard to concentrate at school and work
- Less money because smokes are not cheap
- Sickness and health problems
- Makes you smell
- Having mood swings and feeling cranky
- Isolation from family and friends
- Less energy
- Shorter life
- Look older than you are with more wrinkles
- Yellow teeth and discoloured fingers
- Not a good role model



What is second hand smoke?

Second hand smoke, also called passive smoke, is the smoke a smoker breathes out and also comes from the burning end of a cigarette.

Exposure to second hand smoke can lead to:

- Breathing problems and asthma
- Weak lungs and asthma
- Ear infections and hearing loss
- Sore and watery eyes
- Sneezing, coughing and sore throat
- Ear infections and hearing loss
- Chest infections and pneumonia
- Colds and coughs
- You taking up smoking

Protect Yourself

Keep a distance of ten meters between you and others who are smoking.

