

# TACKLING INDIGENOUS SMOKING

## Quit Help

75% of Aboriginal and/or Torres Strait Islander smokers regret beginning to smoke and look for help to quit smoking.

### Quitting is more successful with support

QUIT HELP CAN BE COUNSELING, SUPPORT FROM FAMILY, MEDICINES, YOUR DOCTOR OR ABORIGINAL HEALTH CLINIC.

- > Quitline has Aboriginal and/or Torres Strait Islander counsellors
- > There are many different ways you can quit smoking.
- > Quitting will improve your health, keep you around longer for your family and help your wallet.
- > Get support from your loved ones and friends.

When you have decided to take the step to quit you might feel unsure about it, where to start and what you need to help.

Quitting can be hard but it is possible with the right support, information and determination.

By looking at what worked before, what times were the hardest, what you struggled with, why you relapsed you can plan for these this time.

If you have never attempted to quit seek out more information sheets like this one, ask your local TIS team to put you in touch with the Quitline or to provide you with a quit plan template.

Quit counselling is available from the Quitline 8am to 8pm—Monday to Friday by calling the Quitline on 137 848 and asking to speak with the Aboriginal Quitline, or ask for a referral at the clinic next time you are in.

You may also need some help by using Nicotine Replacement Therapy (see our fact sheet on NRT) or other medications in tablet form, NRT releases a small amount of Nicotine to wean you off slowly while tablets can work in the brain to stop the addiction.

“Health is not everything, but without health, everything else is nothing.”  
— Anon

### Quitting will change your life

- Quit smoking
- See your GP or midwife for access to NRT (patches, gums, lozenges etc.) these are safer than continuing to smoke
- Tell your friends and family you're quitting
- Get your partner in on the act too if you can
- Practice the 4Ds - Delay, drink water, distract yourself and practice deep breathing
- Call the Quitline on 137 848

