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Updated with new resources Nov 2024 Smoking Resources

Tobacco smoking is the most preventable cause of ill health and early death among Aboriginal and Torres Strait Islander peoples. In 2020 Aboriginal and Torres Strait Islander peoples were almost three times more likely to smoke compared to non-Indigenous people (Australian Department of Health and Aged Care). Smoking is responsible for one in five deaths and directly responsible for one third of cancer and cardiovascular disease amongst First Nations people. These resources provide culturally relevant information and encouragement about quitting.

Information about the effects of smoking tobacco

Icon of a computer monitor. Title: HOW SMOKING CAN RUIN YOUR HEALTH. Description: A fact sheet and video for young people explaining the effects of smoking and showing how to support those who want to quit. The booklets are for people at different stages of quitting. Thumbnail image of a booklet.

Icon of a play button. Title: SMOKING. Description: Four short videos explain the health effects of smoking and passive smoking, triggers, and how to quit. Thumbnail image of a person with hands clasped.

Icon of a document. Title: SIMON SAYS. Description: This cartoon booklet provides information on the impact of passive smoking on children. Thumbnail image of a cartoon scene with children.

Icon of a document. Title: BUBS & MUM: GIVE YOUR BUB A HEALTHY START, QUIT FOR BUB, QUIT FOR YOU. Description: Clear information about the benefits of quitting smoking when pregnant or breast feeding. Thumbnail image of a booklet cover.

We recommend providing these crisis numbers

- 13YARN: 13 92 76
Kids Help Line: 1800 55 1800
Suicide Call Back Service: 1300 659 467
Lifeline: 13 11 14
Beyond Blue: 1300 224 636

Ideas on how to quit



Documents

QUITKIT

This 'Quitkit' series of booklets provides information and tips for people who are at different stages of giving up smoking or vaping.



Documents

KEEP OUR PLACE A SMOKE-FREE SPACE

The journal provides information, tips and ideas on how to make your place smoke-free



Documents

NATIONAL BEST PRACTICE UNIT TACKLING INDIGENOUS SMOKING 2025: CALENDAR

This 2025 colourful calendar provides information about the health effects of vaping and smoking. Uncle Tom Calma provides tips and encouragement to quit.



Websites

QUITLINE FOR ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES

This website promotes the Quitline, and hosts podcasts, videos, and answers frequently asked questions.



Inspiring Stories from people who have quit



Audio

QUIT STORIES

A series of podcasts featuring community members talking about how and why they quit smoking.



Videos

READY MOB CHAMPIONS

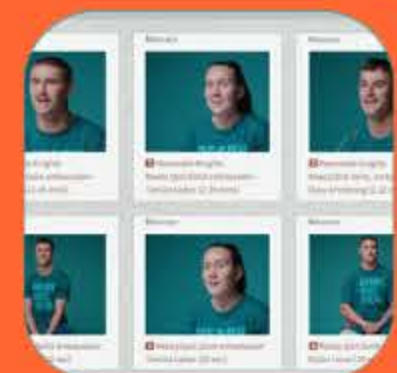
A series of videos featuring people from the mid North Coast of NSW talking about how they gave up vaping and smoking.



Videos

READY. QUIT. SOLID. VIDEOS WITH NEWCASTLE KNIGHTS.

This series of 6 short videos features male and female Newcastle Knights league players telling their stories about smoking, playing sport and not smoking.



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