

Think it's time to **QUIT SMOKING?**

Now that you've decided to get help with alcohol and/or other drugs, let us help you give up smoking as well.

Your Health

There is no safe level of smoking. Because it is so bad for your health, residential treatment facilities are smoke-free.



Manage Cravings

Cravings are like a wave; they rise, break and fall away lasting only a few minutes. Keeping busy, drinking water, eating healthy, exercising and doing something else can help them pass.



Nicotine Replacement Therapy

If you identify as Aboriginal and/or Torres Strait Islander, you can receive NRT at no cost. Patches, gum, lozenges, inhalers and mouth spray are forms of NRT that can help you quit.

Support

Quitline is a free service with Aboriginal Counsellors to help you quit smoking. You can work on a plan to cut down or quit and get ongoing support.

Call 13 78 48



Services

Danila Dilba Health Service's Tackling Indigenous Smoking program can help you quit. Visit your local clinic or call **08 8942 5400** for more information.

ASSOCIATION OF ALCOHOL AND
OTHER DRUG AGENCIES **NT**