

# 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**

Katherine West Health Board's Tackling Indigenous Smoking program can help you quit. Visit your local clinic or call **1800KWQUIT (1800597848)** for more information.

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