

What Is Involved?

1. Register and sign up with the program

- phone NCACCH and make an appointment to sign up

2. You will be linked in with the NCACCH Quit Coach

- you must keep in regular contact with the NCACCH Quit Coach
- the NCACCH Quit Coach is there to provide goal setting, support you through your quit journey, for you to ask questions or to help if you don't understand something

3. Agree to visit your Doctor at least every 3 months

- you must see your Doctor asap after joining the program
- you must visit your Doctor every month (more often if on Champix) to monitor your health and progress

4. Free products and services to help you quit (to a certain limit)



Products and Services

Special Local Quit Providers

Counsellors / Psychologists

Hypnotherapy

Acupuncture

Products To Help You Quit

Champix or Zyban

*Nicotine Replacement Therapy (NRT)
including; patches, gum, lozenge*

Other Support Available

Please speak with your

Doctor & Pharmacist

or

Quitline on 13 QUIT (13 7848)

- a Quitline Counsellor

Is available 7 days a week

Even if you don't feel confident to quit right now, we can help you reduce the harm of smoking to benefit you and your family

Quit Hotline 137 848

For further information or to check your eligibility, please call

Lyndelle Beezley
Quit Coach

on

**5346 9800 /
0400 179 644**



Good Things About Giving Up Smoking

TESTIMONIALS FROM PROGRAM PARTICIPANTS

64 year old male

When NCACCH first had the 'No Durri for this Murri™' smoking cessation program running in 2013 I decided to join thinking I would not be able to do it as I was smoking 30 to 40 cigarettes a day. But I wanted to feel better in my health.

With the program NCACCH has running, it has helped me achieve my smoke free journey so far. It has not been easy; I started with patches and lozenges', cutting out the patches then lozenges now I have the 1 mg spray at the most 1 spray a day.

I am thankful to NCACCH, for their smoking cessation program 'No Durri for this Murri™' in helping me achieve my goal and giving me the inclination and confidence to reduce and even stop my smoking.

48 year old female

I quit cigarettes 12 months ago. I really wanted to be around to enjoy my grandchildren and I was worried about my persistent cough. I used the gum and patches which made quitting a lot easier. I stopped the gum a couple of months ago which was very hard but I can now say I am completely nicotine free - many thanks to NCACCH and the quit coach for their support on my quit journey.

Smoking Cessation Painting Story

The painting highlights the "No Durri for This Murri®" Smoking Cessation Program. The 6 outer circles represent the different communities NCACCH covers across the Sunshine Coast and Gympie regions. The smaller "U" shaped symbols around these circles represent the participants currently engaged in the program. The larger inner circle represents NCACCH who through it's extensive network links the community into the program. The larger black and white "U" shaped symbols represent the NCACCH Smoking Cessation Support Worker and the Quit Coaches working with the participant to support them in their quit journey. The stars represent the deadly participants who have successfully quit.



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"No Durri For This Murri®"

Smoking Cessation Program



This program aims to provide services, support and information about tobacco dependence, reducing the harms of smoking and successful quitting for Aboriginal & Torres Strait Islander clients.