

Good Things About Giving Up Smoking

TESTIMONIALS FROM PROGRAM PARTICIPANTS

55 year old female

I found it really hard at first but I am happy with the program and the provisions of patches and the Yarn Up Session - meeting other people on the program.

33 year old male

I am stoked with the program and my friends are amazed at how much I have cut back. Giving up coffee was a key to help me quit. Its how you approach it - mind set - mental health. My smell and eye site has improved and I am even eating better. I use to wake during the night to have a smoke before starting the program. You just reap rewards from every angle.

59 year old female

I have smoked for a really long time and I am determined not to take it up again because of the expense and my health. It hasn't been as hard as I expected. You really have to want to give up the cigarettes, say to yourself 'I really want to QUIT'.

24 year old female

Joining the program has improved my health as I have had mild asthma and I don't have any more chest pain and have started exercising more. The circulation in my hands and feet are better and I smile a lot more because the stains have gone from my teeth. I find that food smells and tastes better. I have more money now.

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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Program funded by
The Australian Government's
Department of Health and Ageing



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.

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 a Quit Coach and NCACCH Support Worker

- you must keep in regular contact with your Quit Coach
- the NCACCH Support Worker is there 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 3 months (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

Acupuncture

Hypnosis

Counsellors / Psychologists

Products To Help You Quit

Champix

Zyban

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

Other Support Available

Support Groups

Facebook / Texting / Emails

**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 131 848

For further information
or to check your
eligibility, please call
NCACCH
on

5443 3599

or

5483 6511

