

# THE BENEFITS OF QUITTING SMOKING:

## • BETTER HEALTH

- You will feel the benefits of quitting straight away as your body repairs itself
- Stronger immune system, muscles, and bones

## • MORE MONEY

- A 25 pack a day smoker spends over \$9,000 a year

## • FEEL BETTER

- More energy
- Hearing improves and sharpens
- Teeth are brighter, mouth is less stained, and mouth health improves
- Vision is restored and night vision improved
- Skin is blemish-free, collagen increases, and ageing slows to a normal rate

If you would like more information please contact the NCACCH Tackling Indigenous Smoking (TIS) Team on 5346 9800

This program is funded by



Australian Government  
Department of Health

**ihca**

supporting excellence

**CERTIFICATION**

ISO 9001:2015  
QUALITY CERTIFIED  
ORGANISATION

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## GYMPIE OUTREACH OFFICE

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North Coast Aboriginal Corporation  
for Community Health

# NO DURRI®

## ...FOR THIS MURRI...

### Tackling Indigenous Smoking Program

The Tackling Indigenous Smoking Program aims to provide support and information about tobacco dependence, reducing the harm of smoking, and successful quitting.

*"Your Pathway to Better Health"*

## HOW WE'RE HELPING OUR COMMUNITY!

- Raising awareness of the health risks of tobacco use
- Supporting community to start their quit journey and stay on track
- Smoking cessation clinics
- Providing tobacco stalls at community events, sporting events, and schools
- Holding information and education session with a focus on interactive activities

## "LET'S CLEAR THE AIR" SMOKE-FREE PLACES

- Support community to create smoke-free environments; e.g. homes, cars, workplaces
- Sign a smoke-free pledge (commitment to making your house and car smoke-free)

For more information please visit the NCACCH Tackling Indigenous Smoking page at [www.ncacch.org.au](http://www.ncacch.org.au)

## HOW NCACCH CAN SUPPORT YOU!

- Help you to register for Quitline services
- Provide you with 2 weeks of Nicotine Replacement Therapy (NRT) products including;
  - patches
  - gum
  - lozenges
- Provide you with access to Allied Health "Quit Support" Services;
  - Counsellors / Psychologists
  - Hypnotherapy
  - Acupuncture
  - Nutritionist

For more information please contact the Tackling Indigenous Smoking (TIS) Team at NCACCH on 5346 9800

To find out what other support is available please talk to your Doctor or Pharmacist

## HOW QUITLINE CAN SUPPORT YOU!

- Access to a dedicated team of Aboriginal and Torres Strait Islander counsellors, both men and women
- Expert advice, encouragement and resources to help you quit
- Tailored support to suit your specific needs
- Access to the 'Yarn to Quit' program which includes quit support and free nicotine replacement therapy
- You can download my 'QuitBuddy' - a mobile phone app that is designed to support and encourage you on your journey to becoming smoke-free
- If you're pregnant or planning to be, you can download 'Quit for you - Quit for two', a free app that provides support and encouragement to help you give up smoking

The Quitline service is available 7 days a week from 7am to 10pm. You can also request a call back from a Quitline counsellor. CALL QUITLINE ON 137848