

Quitline is a 7 day confidential service. This means you can call Quitline anytime and choose to speak with a professional Advisor.

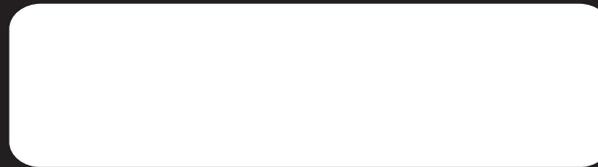
Quitline Advisors are trained to support people who are cutting down or quitting smoking. Quitline Advisors understand that quitting smoking can be tough, and they will not judge you. They know it can take a few attempts to find the way to quit. Quitline will keep working with you to find the way to quit that works for you.

If you're thinking about quitting or cutting down on smokes there are a lot of people who could help you with this:

- **Aboriginal Quitline Advisor**
- **AMS Health Worker**
- **Doctor or GP**
- **Nurse**
- **Tobacco Cessation Worker**
- **Other people who have quit**
- **Family and friends**
- **Chemist**

Quitline is a confidential service. Quitline Advisors are very experienced in helping people stop or reduce their smoking. They understand quitting can be tough, and it may take a few attempts to Quit and the right way for you to stay Quit.

Local Contact:



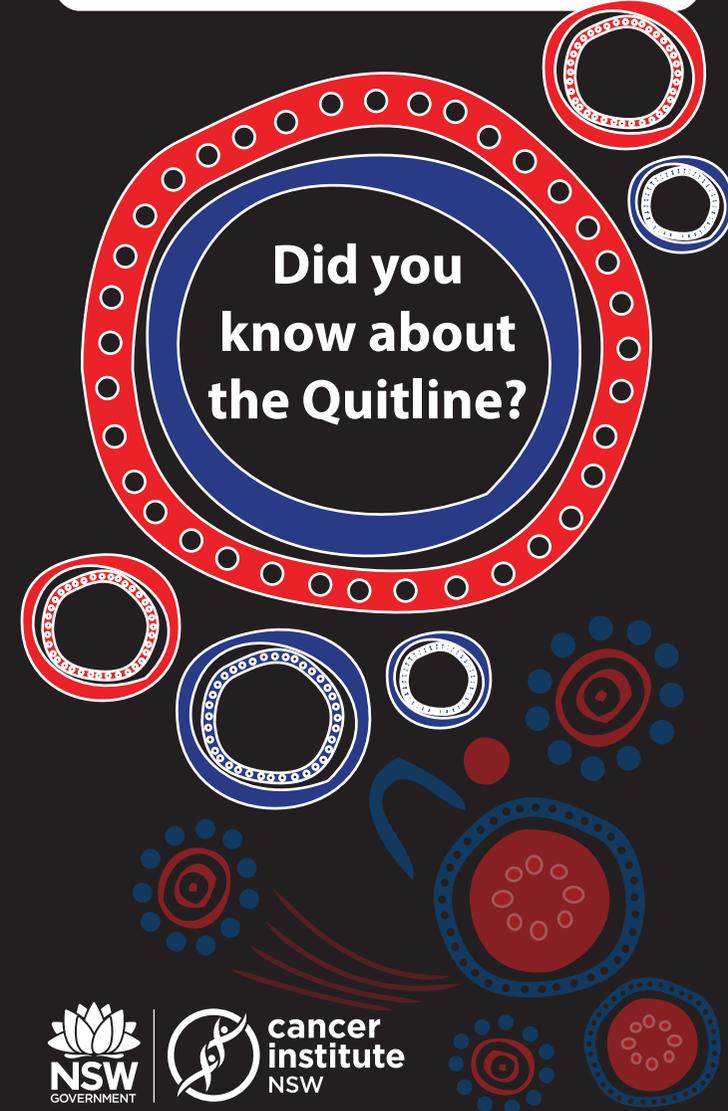
Quitline 13 78 48

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Did you know about the Quitline?



**How our
Aboriginal
Quitline Advisors
can support
you**

**Provide
you with NRT
Information**

**Give you
information
about quit
medications**

**When we call you,
our number will
display as a local
number on
your phone**

**Provide you
with tips and
strategies on how
to quit and help
you make a plan**

**Help you to
help others
smoking at home.
Quit smoking
together**

**Call you back
to see how
you're doing and
offer support**

**Help you with
tips to manage
withdrawals
and cravings**

**We will send you
an SMS reminder
to let you know
we are calling**