

It's never too
late to start
your journey
to quitting
smoking.



To start your journey to
quitting call your local
Aboriginal Medical Service
or Health Clinic

www.ahmrc.org.au



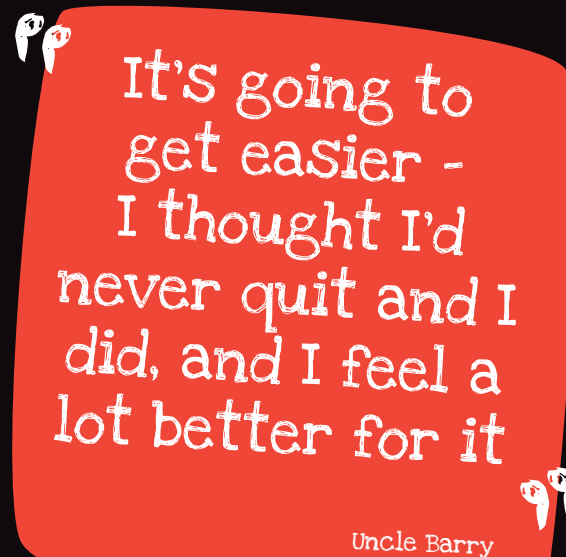
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to quit



Barry
Smoke free for
6 months

10 reasons to quit

1. Save money, a pack a day smoker will save on average \$496 a month
2. You will be able to breathe better
3. You will smell better
4. Your health will improve
5. You will be able to taste your food better
6. You will be in charge of your life and how you spend your time, not the smokes!
7. You will have more energy
8. Your teeth will be whiter
9. Your fingers won't be brown
10. You will be happier because you were able to give up the smokes



It's going to
get easier -
I thought I'd
never quit and I
did, and I feel a
lot better for it

Uncle Barry



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10 ways to help you quit Smoking

1. Nicotine Replacement Therapy (NRT) e.g. patches, gum inhaler
2. Quitline phone 137 848
3. Medication like Champix or Zyban
4. Talking to a health professional like an Aboriginal Health Worker or doctor
5. Exercising, can be a distraction and will help relieve stress
6. Talk to a counsellor, especially if stress is one of the reasons you smoke
7. Drink water every time you want a smoke
8. Quit cold turkey
9. Call or text a friend for support if you are having a craving
10. Use chewing gum instead of a smoke