



TIPS FOR QUITTING



- Be motivated and stay motivated. Quitting is hard, so stay strong!
- Have a quit buddy or someone to support you.
- Get support from your family and friends.
- Try using Nicotine Replacement Therapies (patches, gum etc). You may be able to access NRT for free at your Aboriginal Medical Service!
- Get busy, stay occupied.
- Eat healthy and stay active. Look after your body!
- Download the My QuitBuddy app.
- Call QuitLine on 13QUIT (Aboriginal and Torres Strait Islander counsellors available.)
- Visit your local AMS for help.

If you have been thinking about giving up the smokes, now is a great time to get support from your local Aboriginal Medical Service.

Find yours at www.deadlychoices.com.au