



NEED HELP?

Useful phone numbers and websites

Quitline:

131 848

www.quit.org.au

This is a national telephone information and advice or counselling service for people who want to quit smoking. Quitline has Aboriginal counsellors on the line, and other staff are also trained to understand the needs of Aboriginal and Torres Strait Islander people. You can call 7 days a week, 24 hrs a day for the cost of a local call from anywhere in Australia (charges may apply for mobile phones). You can also order a free Quit Pack through Quitline for yourself or to help someone else.

No Smokes:

www.nosmokes.com.au

No Smokes is an anti-smoking website designed especially for use by young Aboriginal and Torres Strait Islander people.

Quit Now:

www.quitnow.gov.au

Quit Now is a national tobacco campaign that aims to promote quit attempts among smokers and provide support to avoid relapse among quitters.

The Cancer Council:

www.cancer.org.au

This website offers information on cancer research, patient support and cancer prevention.

Rewrite Your Story

www.rewriteyourstory.com.au

This is a campaign that uses the stories of Aboriginal people with the aim to inspire others to re-write their own story, support one another and to break the smoking cycle for future generations.



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Give Up Smokes for Good

www.giveupsmokesforgood.org.au

This is a campaign supporting Aboriginal people in South Australia to give up smokes for good and to become healthier.

Australian Indigenous HealthInfoNet

<http://www.healthinfonet.ecu.edu.au>

The Australian Indigenous HealthInfoNet is an innovative internet resource that aims to inform practice and policy in Aboriginal and Torres Strait Islander health by making research and other knowledge readily accessible. It contains extensive resources relating to tobacco and smoking.