

TO HELP WITH CRAVINGS PRACTICE THE 4D'S

1 DELAY...

for at least 5 minutes, the urge will pass.

1

2 DEEP BREATHE...

breathe slowly and deeply.

2

3 DO SOMETHING ELSE...

keep your hands busy.

3

4 DRINK WATER...

take 'time out' sip slowly.

4

BE SMOKE FREE
BE HEALTHY BE DEADLY!

Yarn with us about your quit journey.

☎ (02) 4448 0200

📱 1800 215 099

📠 (02) 4428 6601

@ communications@southcoastams.org.au

🌐 www.southcoastams.org.au

📍 Jane Ardler Centre
51 - 53 Berry St, Nowra

Tackling Indigenous Smoking



"SMOKING DOESN'T JUST
HARM YOU, IT HARMS US TOO"

South Coast
Medical Service
Aboriginal Corporation





What is Tackling Indigenous Smoking (TIS)?

Tackling Indigenous Smoking (TIS) is a health promotion program that provides information and education to communities through stalls at events, information sessions at schools, workplaces and institutions.

Smoking is the most preventable cause of ill health for Aboriginal and Torres Strait Islander peoples and our TIS program aims to reduce this for our communities. We aim to ensure that those wanting quit advice and assistance are well supported on their journey.

Smoking increases the risk of a wide range of health conditions including heart disease, diabetes, stroke, cancer, renal disease, eye disease and respiratory conditions such as asthma, emphysema and bronchitis.

Smoking rates of Indigenous people are significantly higher than non-Indigenous people and health outcomes are poorer. Approximately 44% of Indigenous people smoke.

Services provided through the program include:

- 🎯 Education and support
- 🎯 Health promotion
- 🎯 Brief intervention
- 🎯 Quit support groups
- 🎯 Referrals to GP to access NRT
- 🎯 Information and resources
- 🎯 Links and referral to other service providers

Our team work from Gerroa all the way down to the Victorian boarder, servicing the Shoalhaven region, Jerrinja, Wreck Bay Batemans Bay, Mogo, Moruya, Bodalla, Narooma, Wallaga Lake, Bega and Eden.

Our **(TIS) Support Group** supports Aboriginal and Torres Strait Islander people who wish to cut down on smoking or to quit smoking. There are Quit Support groups available in all our service regions.



Our clinics are smoke free.

Quit Supports Online

[iCanQuit](#) is a free online resource that provides you with tools to help you along your quit journey and allows you to hear the stories of others.

[QuitCoach](#) smoking advice is a free online tool that provides you with a personalised quitting plan and quit.

[My QuitBuddy](#) is a personalised app to help you quit smoking and track your progress. There is also a community board where you can gain motivation and support from other people quitting.

['Quit for you – Quit for two'](#) is a free quit smoking app for mums-to-be that can be downloaded from the Apple iTunes online store or at Google Play store.

[The Quit Now Calculator](#) helps you work out how much money you could save if you quit smoking.

[Make Smoking History](#) assists smokers to quit by providing them with information and resources to help plain their quit attempt.

Telephone

[Aboriginal Quitline \(13 QUIT or 13 7848\)](#) provides culturally appropriate and tailored quit smoking services to Aboriginal people. When you call ask you're an Aboriginal advisor.

[Quitline \(13 QUIT or 13 7848\)](#) is a confidential and individually tailored telephone service to assist you in the process of quitting smoking. NSW Quitline advisors are available Monday to Friday 7am to 10:30pm and Saturday, Sunday and public holidays 9am to 5pm.

