

Quit can help



Contact an
Aboriginal
quitline
counsellor
today



For you,
your family,
your
community
and our
future

Impact of smoking on Aboriginal communities

Smoking is the leading cause of death and disease in our communities. On average, we start smoking at an earlier age, smoke more, have fewer quitting attempts and are dying over 10 years earlier than the wider population.

Quitting or being smokefree means a stronger future for you, your family and community!

Special thanks to the Murray-Thorpe family.

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want to QUIT SMOKING?

Call the Quitline to talk to an Aboriginal Quitline counsellor

www.quit.org.au

Quitline 13 7848



Hi, my
name is
Tristan

I am a proud Wiradjuri/Wotjobaluk man from New South Wales.

Through years of working with Aboriginal people of all ages, I am very committed to working within the community. I have qualifications in youth work, community services and counselling, all of which are a vital part of my role as an Aboriginal Quitline counsellor.

I have been on my own journey to quit cigarettes and understand that everybody has their own unique story to tell. I consider myself privileged to hear those stories and assist you through your own journey to quit.

Quitting can be hard but with guidance and a strong will anyone can quit. So if you're up for a yarn and you feel you are ready to quit or cut down, just call Quitline 13 7848, it might save your life.

How can an
Aboriginal
Quitline
counsellor
support you?

- Listen to your story and have a yarn to see how we can support you on your journey to cut down or quit.
- Know that everything that's yarned about is private and confidential.
- Work together to find everyday strategies for you to use in your quit plan.
- Follow up and support your journey – we call you and it's free!
- Link you up with local support if you want it.

'Know that you are deadly
for ringing us and giving
quitting a go'



Hi, my
name is
Tokerau

I am an Indigenous Pacific woman, working as an Aboriginal Quitline counsellor. I have many years of experience working within communities, health clinics and hospitals, supporting people wanting to cut down or quit smoking.

I continue to do this at Quitline. I am proud to be part of a culturally aware team that appreciates Victorian Aboriginal culture, and is committed to helping Aboriginal Victorians to quit smoking. I'm here to support you, so call me and together we can find ways to quit or cut down that will work for you.



Hi, my
name is
Daniel

I am a proud Noonuccal man – my people came from Stradbroke Island, in Queensland. I have a strong passion for improving the general health and wellbeing of all Aboriginal people.

Quitting smoking can be a very difficult habit to give up; each person has their own reason why they smoke and why they might want to quit. So it's very important to listen to the individual's story and the journey that has led them to quit or cut back their smoking.

Feel free to give me a call. Anything we talk about is private and confidential. I am here to help you work out some real strategies you can put in place in your day-to-day life.