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## Smoking - quit services for diverse groups

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### Summary

- Smoking causes ill health. It is a common cause of early death in Australia.
  - Quit services help you stop smoking.
  - They are available in a number of community languages.
  - Quitline has a telephone interpreter service.
  - Call Quitline on 13 78 48 (13 QUIT) and ask for an interpreter.
  - You can ask your doctor to refer you to Quitline. They will tell Quitline that you need an interpreter.
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Tobacco smoking is the most common cause of ill health and early death in Australia. Almost 18,800 Australians die from smoking-related diseases each year.

Quit services can help you stop smoking. They are available in a number of community languages.

Some doctors and other health professionals who speak community languages may:

- give you advice on how to quit
- help you call the Quitline
- help you find other resources to help you quit.

### Help to stop smoking

**Quit Victoria** offers the **Quitline** telephone interpreter service. This is a telephone information and advice service that supports people from culturally diverse communities to stop smoking.

You can:

- Call **Quitline** on **13 7848** and ask for an interpreter.
- Ask your doctor or health service to refer you to Quitline. They can tell Quitline that you will need an interpreter.

**QuitNow** has information about quitting smoking in:

- Arabic
- Chinese (simplified and traditional)
- Greek
- Italian
- Korean
- Spanish
- Turkish
- Vietnamese.

**Health Translations** has a variety of information in community languages about smoking and quitting smoking.

### Where to get help

- **Quitline** Tel. **13 7848** (13 QUIT)
  - Your **GP (doctor)**
  - Your **pharmacist**
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- **Community health services**
- Community organisations

**This page has been produced in consultation with and approved by:**

Quit

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