Smoking – Quit services for Aboriginal communities

Summary

- While great progress has been made recently in decreasing the smoking rate in Aboriginal communities, it is still much higher than in non-Aboriginal communities in Australia.
- You can call Quitline on 13 78 48 (13 QUIT) and ask to speak to an Aboriginal Quit Specialist.
- The Aboriginal Quitline is a culturally-sensitive, free and confidential telephone service.

While the smoking rate in Australian Aboriginal communities is decreasing, it is still more than three times the national average. Smoking is the cause of one in five deaths in Aboriginal communities.

Culturally sensitive Quit services are available to help you stop smoking. So if you are thinking about quitting, are ready to quit, or are still not sure, call the Aboriginal Quitline to have a yarn with an Aboriginal Quit Specialist.

Aboriginal Quit services

Aboriginal Quit Services offered by Quit Victoria include:

- **Aboriginal Quitline (13 7848)** – this is a culturally safe space for callers to have a yarn about smoking and quitting with an Aboriginal Quit Specialist. This service is available from 8 am to 8 pm, Monday to Friday
- **Information and professional support for health workers** – health workers can find more information on the ‘Aboriginal Communities’ page of the Quit website. The Aboriginal Quitline Facebook page has quitting motivation and information to share with the community

Other Quit services

Other Quit services offered by Quit Victoria include:

- **QuitTxt** is an SMS service that sends you several messages each day to help you prepare to quit, work through the process of quitting, and stay quit.
- **Quit Coach** helps you to make a personalised quitting plan.

Other free mobile Quit services include:

- **MyQuitBuddy** is a mobile app that you can use to help you quit.
- **Quit for you Quit for two** is a mobile app designed to help women who are pregnant or planning to have a baby to quit smoking.

Visit Quit or call **13 78 48** for more information.

Where to get help

- **Quitline** Tel. **13 78 48** (13 QUIT)
- Your **GP (doctor)**
- Your **pharmacist**
- Community health worker
- **Victorian Aboriginal Health Services** Tel. **(03) 9419 3000**