Smoking - quit services for diverse groups

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.

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](#)

[betterhealth.vic.gov.au](#)
Community health services

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

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