

WHERE TO GO FOR MORE INFORMATION – SMOKING

The following organisations provide a range of resources, services and support for smoking cessation.

<p>* , ^"pL~5L^s, ^¥Z, cL^~} L~"</p> <p>Alcohol & Other Drugs Program, Department of Health</p> <p>Quitline: 13 QUIT (137 848) Tobacco Hotline: 1800 888 564 https://nt.gov.au/wellbeing/healthy-living/smoking</p>	<ul style="list-style-type: none"> ■ The Northern Territory Government smoking webpage provides information on smoking cessation, including: <ul style="list-style-type: none"> ■ What happens when you quit ■ Planning to quit ■ Getting help with quitting ■ Where you can and can't smoke in the NT ■ Bones and muscles ■ Electronic cigarettes ■ Poisons in cigarettes ■ Effects on the body of smoking ■ Respiratory system ■ Circulatory system ■ Immune system ■ Men ■ Women ■ In addition, Quitline NT offers the Quitline service – a free telephone counselling service that provides information, advice and support on quitting smoking and remaining smoke-free in the long term.
<p>Your local health professional</p>	<ul style="list-style-type: none"> ■ General practitioners, local pharmacists and local healthcare services can provide information and support on quitting smoking, as well as counselling and medications to aid quitting.
<p>Private counselling services</p>	<ul style="list-style-type: none"> ■ Some psychologists specialise in providing counselling on addiction issues, including addiction to cigarettes. Interested employees can self-refer or see their general practitioner for a referral to a local psychologist.
<p>QuitCoach www.quitcoach.org.au</p>	<ul style="list-style-type: none"> ■ QuitCoach is a free interactive computer program which will ask questions and provide ideas and suggestions to help people quit smoking and stay smoke-free.
<p>Australian Government National Tobacco Campaign www.quitnow.gov.au</p>	<ul style="list-style-type: none"> ■ The National Tobacco Campaign website includes information about quitting and links to further resources. Resources can be downloaded directly from the website or through a request form for hard copy resources such as posters and brochures. Resources include information on: <ul style="list-style-type: none"> ■ ways to quit ■ reasons to quit ■ help and support.
<p>Cancer Council NT https://nt.cancer.org.au/ (08) 8944 1800</p>	<ul style="list-style-type: none"> ■ Cancer Council NT can offer Workplace Education Sessions around Alcohol and Smoking which include information about general cancer prevention and health promotion.



<p>Heart Foundation www.heartdoundation.org.au</p>	<p>■ The smoking webpage provides information and resources on the health effects of smoking for both smokers and non-smokers.</p>