

# QUIT assistance available for YOU!

Ask SmokeCheck trainers for a  
QUITLINE FAX REFERRAL FORM today

OR

Call the QITLINE on  
13 QUIT (13 7848)

## GP's

- Can assess YOUR nicotine dependence
- Provide a script for FREE 15mg patches for Aboriginal people
- Talk about other options for quitting eg. Champix/Zyban

**What's  
available to  
help YOU  
to QUIT?**

## Service/Workplace Support

- Area Health Service employees may have access to FREE NRT products.
  - ACCHS (AMS) employees may have access to local Quit support groups in their service.
- Ask your manager about these!

## WHAT ELSE?

See your SmokeCheck resource folder  
It has a QUIT KIT that may help you!  
[www.smokecheck.com.au](http://www.smokecheck.com.au)  
[www.13quit.org.au](http://www.13quit.org.au)