



## Resources for Smoking Cessation

### *A guide for staff, visitors and clients*

This resource has been developed to support staff, visitors and clients to practice proactive steps towards smoking cessation. As a part of the Workplace Achievement Program, SCHS are committed to developing and implementing resources to encourage and support all staff, visitors and clients who wish to cease smoking and support them to do so.

Below is a range of links to websites containing information that can be accessed to encourage and support smoking cessation both within and outside of the workplace. People who smoke more likely to quit if they use a combination of supports and techniques. These techniques include the use of Nicotine Replacement Therapies (e.g. gums, patches, or medications) and supports (including Quit guidance, referrals and counselling). The process of quitting smoking can include the help of your GP, pharmacist and Quit professionals such as those available for free through the Quitline (13 78 48).

### *Want to quit but not sure where to start?*

There are a number of websites that provide smoking cessation information and self-referral pathways to get you on the right track and prepared to quit smoking. **We recommend starting by visiting the following websites:**

1. <https://www.quit.org.au>
2. <https://smokefree.gov/>
3. <https://www.cancer.org.au/cancer-information/causes-and-prevention/smoking-and-tobacco/quit-smoking>
4. <https://www.health.gov.au/health-topics/smoking-and-tobacco/how-to-quit-smoking>

**Quit Smoking Apps** can provide tips & distractions to overcome cravings and tracking systems to chart your progress. Most of these apps can be downloaded on your Apple or Android device.

Some popular and successful Apps include:

1. My QuitBuddy
2. Flamy
3. Smoke Free
4. Quit Smoking – Stop Smoking Counter

### *Culturally Appropriate Resources*

SCHS have an Aboriginal Health Promotion and Chronic Care Worker who can support Aboriginal staff, visitors and clients with:

- The arrangement and attendance at medical appointments



- Support with prescriptions and transportation
- Advocacy and support with information and education
- Legal support
- Support with referrals to other health services and navigating appointments

### *Mallee District Aboriginal Services*

MDAS have a range of programs to tackle smoking and support people to reduce or quit. As well as counselling and medical support, we are working hard to change attitudes in our community.

Visit: <https://www.mdas.org.au/HEALTH-SERVICES/Quit-Smoking-Support.aspx> or phone (03) 5018 4100

### Your Community Health

Visit the website and choose your language (bottom left hand corner) by clicking 'translate'. You will have access to translated health resources on all health related topics.

Visit: <https://www.yourcommunityhealth.org.au/?s=smoking>

### *Awareness days events*

World No Tobacco Day	Celebrated on the 31 <sup>st</sup> of May each year.	To learn more about this awareness day, the yearly theme and suggested activities to promote it within your workplace visit: <a href="https://www.who.int/campaigns/world-no-tobacco-day">https://www.who.int/campaigns/world-no-tobacco-day</a>
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*For further information, support or to provide us with suggestions, please contact the Health Promotion team on (03)50 225444 or e-mail us at [hp@schs.com.au](mailto:hp@schs.com.au)*