

Thinking about **SMOKING CESSATION?**

Now that you've decided to get help with alcohol and/or other drugs, let us help you give up smoking too.

Your Health



There is no safe level of smoking. Because tobacco products are so damaging, residential treatment facilities are smoke free.

Manage Cravings

Cravings are like a wave; they rise, break and fall away lasting only a few minutes. Keeping busy, drinking water, eating healthy, exercising and doing something else can help them pass.



Nicotine Replacement Therapy

There are options such as patches, gum, lozenges, inhalers and mouth spray that contain nicotine. These options can help you quit.

Support

Quitline is a free, confidential smoking cessation service. Non-judgemental counsellors will assist you to quit.

Call **13 78 48** for support.



Services

You can access counselling and get advice from your General Practitioner.

Visit our website for counselling options:
aadant.org.au/service-directory

ASSOCIATION OF ALCOHOL AND
OTHER DRUG AGENCIES **NT**