

When you leave hospital you may choose to start smoking again. Or you might like the way you are starting to feel. You might like feeling fitter, having more energy, having more money, having a better sense of smell and taste. Maybe your family are feeling proud of you. You might like to stay a quitter.



You can call Quitline while you are in hospital and they will yarn with you and help you make plans. When you are back in your community Quitline can still give you help and support. You can talk to a counsellor about how to stay quit. They can also help you find Aboriginal health workers, health services, and quitting groups in your home area.



Quitline is a confidential 24/7 telephone service. This means you can call Quitline anytime and choose to speak with a professional counsellor.

Quitline counsellors are trained to support people who are cutting down or quitting smoking. Quitline counsellors understand that quitting smoking can be tough, and they will not judge you. They know it can take a few attempts to find the way to quit. Quitline will keep working with you to find the way to quit that works for you.

Local Contact:



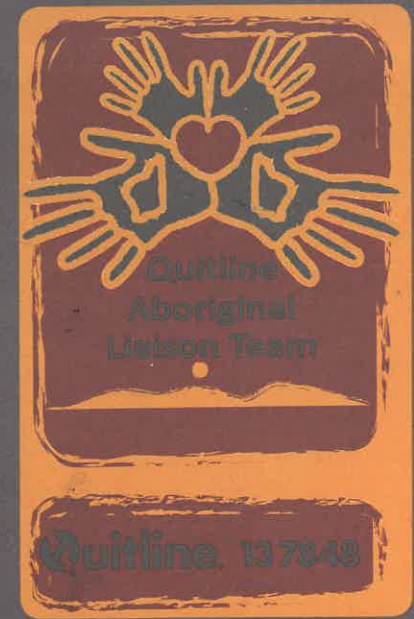
Quitline 13 7848



Government of Western Australia
Drug and Alcohol Office

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Information you should know about the No Smoking Policy

Smoking is very harmful for our health

This hospital has a Smoke Free policy. This means there are no places here where you can smoke.

You can not smoke in the hospital, in the grounds or in the car parks.

If you want to smoke you must leave the hospital grounds. Please do not ask the staff to help you because they are not allowed to.



What to do if you are a smoker

The people looking after you want to make your stay in hospital safe and comfortable. If you are worried about going without smokes ask an Aboriginal Liaison Officer, nurse, or doctor about Nicotine Replacement Therapy or NRT.

If you are suitable they can give you nicotine patches, lozenges, or gum which can help stop cravings and the other physical feelings of going without smokes.

Good reasons to stop smoking

You have a better chance of living longer

You will heal quicker and may be able to leave hospital sooner

Your breathing will get better

Your blood will circulate better

You will start to feel better

Your body will begin to heal the smoking damage

You will reduce the risk of infections, blood clots, gangrene, heart attack, cancer, blocked arteries or stroke

