

People smoke tobacco for many different reasons

What are the good things about smoking?

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Make the change for YOU and your family.

Yarning about smoking and your health

What are the not so good things about smoking?

- Feel sad, angry or nervous
- Worry when smokes are gone
- Your smoke makes others sick
- Cause family humbug
- They cost too much money
- Poor memory
- Health problems
- Cause family fights
- Don't want to work

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Fagerstrom Test (Short Version)

Questions	Answers	Scores
1. How soon after waking do you smoke your first cigarette?	Within 5 mins	3
	6-30 mins	2
	31-60 mins	1
2. How many cigarettes a day do you smoke?	10 or less	0
	11-20	1
	21-30	2
	31 or more	3
Total		

Dependence Level	Treatment
Heavy Dependence (5-6 points)	Prescription Medication Combination Therapy Patch (top strength) Lozenge or Gum (4mg) or mouth spray Inhalator (15mg)
Moderate Dependence (3-4 points)	Patch (top strength) Lozenge or Gum (4mg) or mouth spray Inhalator (15mg)
Low Dependence (2 points)	Patch (mid-strength) Lozenge or gum (2mg) or mouth spray
(0-1 point)	NRT is not generally recommended

You can use long Fagerstrom in PCIS or COMMICARE

I smoke when...

- « Other people are smoking
- « Bored
- « Worried or angry
- « Craving
- « To relax
- « Need a break
- « Smoking gunja
- « Driving / on phone / with a drink
- « After eating



Who keeps us strong?



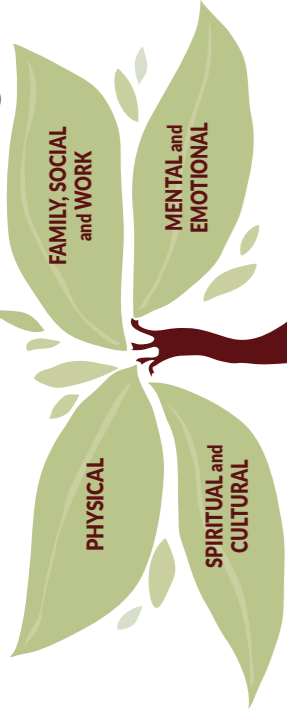
Common problems with smoking

- « Humbug
- « Money
- « Poor health
- « Get short of breath
- « Gunja & tobacco together
- « Quitting can be hard
- « It's like a mate
- « No good for babies & kids
- « Rely on it too much
- « Kids think it is okay



What happens when you don't have smokes?

What keeps us strong?



Your plan for making change

This pamphlet has been developed by the Remote Alcohol & Other Drugs Workforce Program in collaboration with Menzies School of Health Research's Aboriginal and Islander Mental Health Initiative (AIMhi)NT. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Department of Health on 08 8958 2503 or www.remoteaod.com.au

What is the most important thing for you to change right now?

Goal: _____

What would be your steps for making that change?

Step 1: _____

Step 2: _____

What is another important thing for you to change right now?

Goal: _____

What would be your steps for making that change?

Step 1: _____

Step 2: _____

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Who to see

Name:

Health Centre:

Contact Person:

Contact Number:

Next Visit: Time:



Yarning about Smoking

Name: _____



Worries I have about cutting down or giving up smoking

- « No family support
- « Getting angry
- « Getting fat
- « Worrying more
- « Having arguments
- « Starting smoking again
- « Missing it too much
- « Can't think straight

Your local health centre can help you



Try saying "NO" and doing something else instead.

Reasons to Change

- « More energy
- « See my kids & grandkids grow up
- « Stronger body
- « Be a better role model
- « More money
- « No more humbug
- « Be healthy
- « Help my family give up
- « Make me feel proud

