

## 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 humpug
- « Be healthy
- « Help my family give up
- « Make me feel proud



## What keeps us strong?



## Your plan for making change

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

Goal: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

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

Goal: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

What would be your steps for making that change?

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

What would be your steps for making that 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 (AIMH)NT. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Department of Health on 08 8958 2508 or [www.remoteadod.com.au](http://www.remoteadod.com.au)

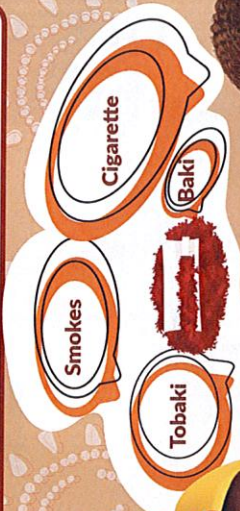
**QUITLINE 13 78 48**

[health.nt.gov.au](http://health.nt.gov.au)



# Yarning about Smoking

Name: \_\_\_\_\_



Who to see  
Name: \_\_\_\_\_  
Health Centre: \_\_\_\_\_  
Contact Person: \_\_\_\_\_  
Contact Number: \_\_\_\_\_

Next Visit: \_\_\_\_\_ Time: \_\_\_\_\_

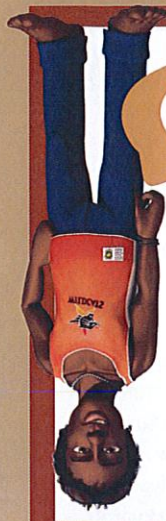
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## People smoke tobacco for many different reasons

What are the good things about smoking?

Make the change for YOU and your family.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Warning about smoking and your health

What are the not so good things about smoking?

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

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Fagerstrom Test (Short Version)

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

Dependence Level	Treatment
(5-6 points) Heavy Dependence	Prescription Medication Combination Therapy Patch (top strength) Lozenge or Gum (4mg) or mouth spray Inhalator (15mg)
(3-4 points) Moderate Dependence	Patch (top strength) Lozenge or Gum (4mg) or mouth spray Inhalator (15mg)
(2 points) Low Dependence	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 COMMUNICARE

## 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?



## 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

