



**Puyu Wanti Tobacco  
Action Worker  
Maryanne is available  
to discuss your  
smoking journey and  
will help you to cut  
down or quit for good.**

**REWRITE ~~YOUR~~ HISTORY**

**[ GIVE UP SMOKES FOR GOOD ]**



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**[ GIVE UP SMOKES FOR GOOD ]**

**THE FOUNDING 50**

# Port Lincoln Aboriginal Health Service Inc.

## Why Quit Smoking?

- \* Health Improves
- \* More Energy
- \* Get Sick Less
- \* Live Longer
- \* Role Model for Young Ones
- \* Set Example for Others
- \* Save Money

## Aim of the Program

Increase the awareness of the harms associated with smoking and skills for quitting in our community.

Increase the amount of community members making quit attempts.

Increase the amount of smoke free homes and cars in our community.

Strengthen the capacity of Port Lincoln

## Quit Workshops

The Puyu Wanti program run Quit Workshops for community members interested in quitting smoking. Workshops explore the harms of smoking, methods for dealing with cravings and triggers, and discusses helpful ideas to successfully give up the smokes for good.



## Workshop Details

- \* The Puyu Wanti Team are available to deliver free of charge Quit Workshops between 9am—5pm, Monday to Friday.
- \* Quit Workshops will be delivered from Port Lincoln Aboriginal Health Service.
- \* For Aboriginal organisations or community groups who would like a Quit Workshop, the Puyu Wanti team will come to you.
- \* We are also happy to visit you if you have organised your own quit smoking group with your friends and family.
- \* To book a Quit Workshop, or for details of workshop times, dates, and locations, please contact PLAHS or the Tobacco Action Worker.

## Individual Quit Support

For individual quit support please contact PLAHS to discuss your smoking with an Aboriginal Health Worker / Doctor or the Tobacco Action Worker.

## 6 Quick Tips for Quitting

### *Tip 1*

Cut down on the number of puyu's smoked per day leading up to a quit attempt.

### *Tip 2*

PLAHS can support you with quitting smoking. An Aboriginal Health Worker can help you form a plan for quitting, and a Doctor can help you assess nicotine patches if you feel you need some extra help managing cravings.

### *Tip 3*

To manage cravings try the 4 D's—Delay acting on the urge, Deep breaths, Drink water, & Do something else. Cravings last only a few minutes and become less frequent to longer you have quit.

### *Tip 4*

Plan ahead for situations in which you are likely to be tempted to smoke. Try to avoid these situations in the early stages of your quit attempt.

### *Tip 5*

If you start smoking again, don't lose hope. Health benefits occur in the body after going less than an hour without smoking, so think of a break from smoking as a positive, and as practice for another quit attempt in the future. Most people take several attempts before they quit for life.

### *Tip 6*

Never Stop giving up giving up.

**REWRITE YOUR HISTORY**