

QUITQUIT



Health
Western Sydney
Local Health District

Some good reasons to quit

- Look better!
- Feel better!
- Increased energy!
- Increased savings!
- Increased fitness!
- Increased life expectancy!
- Increased quality of life!

The Auburn Quit Smoking Service is by appointment only -

to make an appointment phone:
Auburn Quit Smoking Service on

8759 4000

between 9am-3pm

Monday - Thursday

Clinics are run from:

Auburn Community Health Centre

*Make this year
your year to*

QUIT



free

Quit Smoking Clinics

now at

Auburn

Healthcare Interpreter Service

A free and confidential interpreter service is available 24 hours a day, 7 days a week. Ask staff to arrange an interpreter for you.

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Motivated patients undertaking comprehensive treatment have more than a one in three chance of succeeding.

VicHealth Centre for Tobacco Control (2003) A Blue Chip Investment in Public Health and Commonwealth of Australia (2002) National Tobacco Strategy 1999 to 2002-03

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WSP=079

June 2010

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NSW Health is offering Auburn residents a service to help locals make a quit attempt. Auburn Quit Smoking Service (AQSS) is staffed by a Qualified Counsellor who offers:-

- Thorough assessment of smoking history to find the most appropriate quit smoking treatment
- Consultation with local GP's to design an individual tailored quit program
- Counselling support and evidence-based information to assist each individual in their quit attempt

The FREE service operates from Auburn Community Health Centre.

Your chances of quitting double by using treatments such as counselling and nicotine replacement therapy

Why quit?

The best thing a smoker can do for their health is to quit smoking. There are health benefits of quitting for all smokers, regardless of age, gender or length of time they have smoked.

Why use AQSS?

- It is designed and funded by NSW Health for the residents and workers of Auburn.
- It offers an evidence-based approach.
- It is a comprehensive program.
- It is tailored to each individual's needs.
- It is staffed by a professionally trained counsellor to help maximise success rates for locals wanting to quit smoking.
- **It is FREE!**

Quit smoking and enjoy benefits at any age

Under 35?

Your life expectancy is similar to someone who has never smoked.

Under 50?

Your risk of dying in the next 15 years is reduced by half when compared to people who continue to smoke.

At any age

Even if you have already developed a smoking-related health problem you can still benefit from quitting.

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