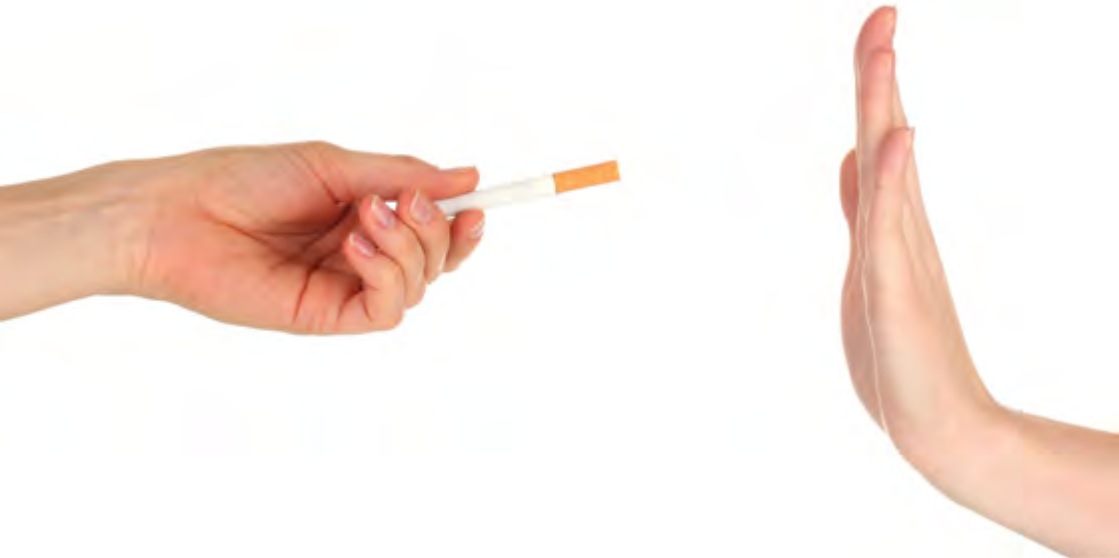


Thinking about quitting smoking?



MDS

Macarthur Disability Services

Smoking is bad for your body and health

- Smoking can give you cancer. Cancer makes you very sick. Or you could die sooner from the cancer.



- Smoking makes it hard to breathe and makes you cough a lot.



- Because it fills your lungs with black liquid.



- Smoking can make your heart very weak and you can have a heart attack. A heart attack is very serious and it has killed lots of people.



- If you smoke you can also make other people very sick.



- These people might be your friends and family.



- Smoking makes your fingers yellow and your skin wrinkly.



- Smoking makes your breath and clothes smelly.



- You are not allowed to smoke in lots of places. These places could be restaurants, RSLs, clubs, shopping centres, schools and your workplace.



- Some people do not like to be near people who smoke.



**If you quit smoking you
may live a longer and
healthier life**



Why do I want to quit smoking?

For myself

To keep my friends and family safe

To feel better

To improve my health

To save money



What should I do first?

1. Set a goal

When do you want to quit smoking?

I want to quit smoking by this date

Who should I talk to?

- ✓ A doctor
- ✓ Family, friends and carers
- ✓ Support workers from **Quitline**,
call them on: **13 7848**

What makes me want to smoke?

When I'm with friends
or family

When I drink coffee
or tea



When I drink alcohol

When I am sad



When I am angry

When I am bored

When I want to be cool or to fit in

I do not know

When I finish eating

When I wake up

Before I go to bed



What will help me to stop smoking?

- Medications (see your doctor to talk to them about the different ones).
- Support from friends, family, your doctor and the Quitline on 13 7848.
- Stay away from people who smoke.



What should I do now that I have quit?

- Throw away all my smoke packets.
- Throw away all my lighters and matches.
- Clean my house and room so it doesn't smell like smoke.



Who will help me?

- Friends, family, carers
- People you work with
- Your doctor
- Support workers from **Quitline**, call them on **13 7848**



What should I say to my friends and family?

- That I have stopped smoking.
- Please do not smoke around me.
- Please do not ask me to smoke with you.



What to expect after quitting smoking

- You might feel sad, angry, tired, hungry, sick and sweaty.
- You might have these feelings for a while. They will go away.
- You may feel like you want to smoke after quitting. But it is important to do other things to forget about smoking.



It is important to do other things to make you forget about smoking

- Go for a walk or run
- Listen to music
- Have a bath
- Drink water
- Get a massage
- Play a game
- Read a book
- Exercise
- Dance
- Talk to friends or family
- Cook
- Eat some fruit or vegetables



Smoking costs lots of money

Now that you have quit smoking you will have more money to buy:

- Clothes and shoes
- Games
- Food
- Netflix
- A holiday
- iTunes cards
- Movie tickets



Things to remember:

- Smoking is very bad for you.
- If you quit smoking you may live a longer and healthier life.
- Visit your doctor regularly.
- Keep busy and active to forget about wanting to smoke.
- Talk to friends, family or your carer if you are finding quitting hard.
- Call the **Quitline** on **13 7848**, if you need any extra help.
- If quitting does not work this time you can try again.

If you have an iPhone or android phone there are applications to help you stay a non-smoker.

To find the applications visit the App Store or Google Play store.

If you are having trouble ask a friend, family member or carer to help you.



Google Play

 **Quitline[®]**
13 7848

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The logo for Macarthur Disability Services (MDS) features the letters 'MDS' in a bold, white, sans-serif font. The 'M' and 'D' are connected, and the 'S' is a simple, rounded shape. The logo is set against a dark blue background.

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