

Did you know you can talk to your AOD worker about quitting smoking?



Your AOD worker can:

- ✓ **Help you understand** how smoking impacts your long-term recovery from alcohol and other drug dependence
- ✓ **Help you access cheaper stop smoking medications** (for example nicotine replacement therapy)
- ✓ **Discuss your options** for tailored behavioural support, including referring you to a specialist quitting service such as Quitline.

Talk to your AOD worker about your options today or give **Quitline 13 7848 a call for a free confidential chat.**