



We empower you to quit the smokes

Let's have a yarn

Aboriginal Quitline (AQL) is a culturally safe space to yarn about quitting the smokes. We can also help you quit vaping.

AQL is a free confidential telephone counselling service. Our counsellors are Aboriginal and Torres Strait Islander people passionate about helping mob be strong and healthy.

Yarning with AQL counsellors is one of the best ways to help quit the smokes!

We offer a free call-back service and we're here for you 8am to 8pm Monday to Friday.

Call Aboriginal Quitline and yarn with us

aql.org.au



Quitline
137848

How does AQL empower mob?



AQL is for mob, by mob

Culture is at the centre of everything we do to help mob quit smoking or vaping for good.

We help by:

- **yarning** with you and listening to you
- helping you make a **tailored quit plan**
- offering advice on how to **tackle cravings** and **withdrawals**
- supporting you to **keep up your motivation** to quit and stay quit
- working with your doctor, Aboriginal Health Worker or TIS worker to make sure you're getting all the support and care you need throughout your quit journey
- offering advice on **how to support your loved** ones to quit.

You'll be deadly for giving us a call!



aql.org.au



Ways to contact AQL

There are many ways you can connect with AQL counsellors.

Contact us directly

- Call **13 7848** Monday to Friday, 8am to 8pm, and ask to speak with an AQL counsellor (usual cost of a call from your phone)
- Request a callback at aql.org.au
- Message us on [facebook.com/aboriginalquitline](https://www.facebook.com/aboriginalquitline)
- Use **webchat** on aql.org.au and let us know you'd like to chat with an AQL counsellor

Meet our AQL counsellors today, at aql.org.au.

Get a referral

If you prefer, speak with your doctor, Aboriginal Health Worker or TIS worker and ask for a referral. They'll get in touch with us, and we'll get in touch with you!