

For you,  
your family,  
your community  
and our future



# Aboriginal Quitline



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# Acknowledgement of Country





- **Same Aboriginal counsellor** the whole way through the quitting journey.
- **Yarning and narrative** – Storytelling focus.
- **Client autonomy** to set the pace and focus of sessions.
- AQL clients can bring **non-smoking issues** into the session to assist them in progress to quit.
- **Cultural Safety** is our main service focus.
- **The right to self-identify and self-determine** is given to everyone who we work with.
- Needs respected around **men's and women's business**.
- Normal **confidentiality and privacy** agreements/boundaries apply.



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## Outreach & Promotion of AQL to Vic Aboriginal Community



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*Trauma-Informed Practice is a strengths-based framework grounded in an understanding of and responsiveness to the impact of trauma, that emphasises physical, psychological, and emotional safety for everyone, and that creates opportunities for survivors to rebuild a sense of control and empowerment (Hopper et al., 2010).*

Blueknot Foundation - (Hopper et al., 2010)

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## How Do We Do Our Part?

*Healing is one of the most common ways of understanding Aboriginal peoples' experience of recovery from trauma and other mental health and social and emotional wellbeing difficulties, including unresolved grief and loss.*

Social and emotional wellbeing

Connection to spirit, spirituality and ancestors

Connection to land

Connection to culture

Connection to community

Connection to family and kinship

Connection to mind and emotions

Connection to body.

**Aboriginal Social & Emotional Well-Being Framework** - Balit Murrup 2017 – 2027 – p.10

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# **Empowerment Through Information & Inspiration Focussed**



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**MDAS**  
MALLEE DISTRICT ABORIGINAL SERVICES



# Quit-Stories Podcast

Episode 15

## Bayden's Story

This Podcast Is A Collaboration By  
Aboriginal Quitline Victoria & Mallee District Aboriginal Services (MDAS)





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PRIDE  
+  
STRENGTH  
+  
CONFIDENCE



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# New Aboriginal Quitline Animation



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## New Aboriginal Quitline Animation

<https://www.youtube.com/watch?v=95ap-O1PaHY>

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# Thank You.