

NATIONAL BEST
PRACTICE UNIT

**TACKLING
INDIGENOUS
SMOKING**



Very Brief Advice

NSW, VIC, QLD and TAS TIS Jurisdictional Workshop

What is 'Very Brief Advice'?

- Evidence-based approach
- It can be used by anyone, in any setting
- Purpose: Engage with people who smoke and get them to think about quitting.
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- Offering help by providing:
 - Information about where to go for help to quit
 - Encouragement and support for change
 - A referral to quit support



So, how do you do it?





<https://www.youtube.com/watch?v=HtpBJ1rlpo0>