



Understanding Aboriginal Quitline

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quit.org.au



Acknowledgement of Country

Artist: Talitha Podger.
Wemba Wemba and Mutthi Mutthi



What is Aboriginal Quitline?

- Free and confidential support
- For Aboriginal and Torres Strait Islander people
- Delivered by First Nation counsellors
- Support to quit smoking and vaping
- Access through **13 QUIT** (13 78 48)

Culturally safe support where mob can yarn with mob



Support Quitline Provide?

Aboriginal Quitline provides:



One on one quit counselling



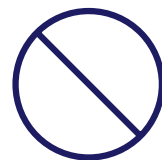
Help creating a quit plan



Support managing cravings and triggers



Ongoing follow up calls



Support for quitting smoking and vaping



Advice about nicotine replacement therapy

What Happens When Mob Call?

- Call 13 QUIT (13 7848)
- Ask for Aboriginal Quitline
- Yarn with an Aboriginal counsellor
- Talk about smoking and/or vaping
- Work together on a quit plan
- Receive ongoing follow up support

Mob can call at any stage, even if they're just thinking about quitting





Meet AQL The Team



Meet: Beige

Aboriginal Quitline Team Leader

Beige-Erica



Nicotine Replacement Therapy (NRT) Pilot

Pilot currently running in:

- Victoria
- South Australia

Participants may receive:

- Free nicotine replacement therapy
- Patches + gum or lozenges or spray
- Mailed directly to them
- Combined with counselling support
- Up to 12 weeks of support

Pilot running until June 2027



How You Can Help Mob Connect with Aboriginal Quitline



Support Self Referral

- Encourage mob to call 13 QUIT (13 7848)
- Ask for Aboriginal Quitline
- Can call anytime



Call Together

- Sit with mob while they call
- Support them through the first call
- Build confidence to engage



Make a Referral

- Submit referral on their behalf
- Quitline will call them directly
- Great for follow up support

Training to Support Your Work

New Training Module:

Vaping and how to support cessation in community and education settings

- 30 to 45 minute course
- Designed for community and education workers
- Practical tools for vaping conversations

Other Training Include:

- Smoking cessation support
- Brief intervention conversations
- Referral pathways



Vaping and how to support cessation in community and education settings

Designed to support people who work in community and education environments to recognise the risks associated with vaping and to have conversations with people who vape about cessation in a non-judgemental and tailored way.

For Aboriginal and Torres Strait Islander Health Workers & Practitioners

On this page:

✓ [Module: Understanding and managing vaping](#)

✓ [Modules: Quit smoking](#)

These modules have been developed by the Good Medicine Better Health project team in collaboration with Quit.

Supporting Your Work in Community

Aboriginal Quitline can support your work by:

- Providing extra support for your clients
- Offering ongoing support over time
- Making referrals simple and accessible
- Delivering culturally safe support for mob

Call 13 QUIT (13 7848)
Ask for Aboriginal Quitline





Thank you

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