

Quit™

Understanding Aboriginal Quitline

Strengthening Connected Support

SEPT 2026 | Tiffany Humes

VicHealth | Cancer Council | Victoria State Government

Acknowledgment of Country



We would like to acknowledge the traditional custodians of the land on which we live and work. We would also like to pay respect to the elders past and present and extend that respect to all other Aboriginal people.

Quit would like to acknowledge Talitha Podger, a proud Wemba Wemba and Mutthi Mutthi woman for her artwork, title ‘Empowerment Through Knowledge’

Quit? Quitline? Aboriginal Quitline?

Who are we?

Quit connects national and state cessation support

Different functions working together across the cessation system

National Cessation Platform
Digital Information, resources and tools

Quitline and AQL
Individual counselling and support

State-based Quit Programs
Partnerships, advocacy, campaigns and systems work

Quit Centre
Health professional education and resources

Research | Monitoring and evaluation | Communications | Advocacy



Quitline provides specialist counselling and ongoing support

Personalised support for people who smoke or vape

Free and confidential

Call 13 78 48

Specialist counselling

Tailored to the individual

Support at any stage

No quit date is needed

Ongoing connection

Quit planning and follow-up

Warm | Non-judgemental | Evidence-informed | Personalised



AQL provides culturally safe support where mob can yarn with mob

Specialist smoking and vaping support for Aboriginal and Torres Strait Islander people

First Nations counsellors

Mob can yarn with mob

Culturally safe and confidential

Respectful and non-judgemental

Personalised support

No quit date is needed

aql.org.au

Co-designed with Community, for Community

First Nation counsellors | Personalised | Connected | Community-informed



Aboriginal Quitline

AQL is part of the Circle of Care



AQL adds specialist support within the circle. It does not replace local care.

AQL adds capacity across the system

1

2

3

AQL strengthens existing care without duplicating it.

AQL adds capacity across the system

Community
More choice and access to specialist First Nation counselling

1

2

3

AQL strengthens existing care without duplicating it.

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Community
More choice and access to specialist First Nation counselling

1

Workforce
Additional expertise when people need focused or ongoing support

2

3

AQL strengthens existing care without duplicating it.

AQL adds capacity across the system

Community
More choice and access to specialist First Nation counselling

1

Workforce
Additional expertise when people need focused or ongoing support

2

Organisation
Specialist capacity that connects with existing pathways and models of care

3

AQL strengthens existing care without duplicating it.

How many callers connected with AQL across five jurisdictions?

August 2025 to August 2026

VIC SA NT WA TAS

People connecting with AQL

1,473

Callers connected with AQL
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People connecting with AQL

1,473

Callers connected with AQL
August 2025 to August 2026
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How many more could we reach through stronger partnerships and clearer pathways?

Practical support for your organisation

Support is shaped around your priorities, capacity and available resources.



Workforce



Community



Partnerships

Practical support for your organisation

Support is shaped around your priorities, capacity and available resources.



Smoking and vaping cessation education

Brief advice and referral information

Practical tools for staff

Workforce



Community



Partnerships

Practical support for your organisation

Support is shaped around your priorities, capacity and available resources.



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Workforce



Aboriginal Quitline information

Posters, brochures and digital resources

Smoking and vaping information

Community



Partnerships

Practical support for your organisation

Support is shaped around your priorities, capacity and available resources.



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Workforce
quitcentre.org.au



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Posters, brochures and digital resources

Smoking and vaping information

Community
aql.org.au



Clear referral pathways

Support introducing AQL locally

Partnership planning and follow-up

Partnerships
quit.org.au

Strong partnerships grow through shared work

Our work with The Koori Way

Respond to priorities
Supporting campaigns, deliverables and local TIS priorities

Show up consistently
Workshops, education, Community presentations and events

Develop together
Community consultation shaping resources and future work

Community connections and cessation expertise working together



Where could this add value for your organisation?

Community

Where could another culturally safe support option help?

aql.org.au

Workforce

What would help staff connect people with AQL confidently?

quitcentre.org.au

Organisation

Where could Quit's expertise strengthen existing pathways or priorities?

quit.org.au

The next step could be a conversation, not a commitment.

Quit™

Thank you

If you have any questions, please feel free to get in touch.

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VicHealth
Cancer Council
VICTORIA State Government