



An overview of programs and services

How Quit SA helps the community

Quitline 13 7848
www.quitsa.org.au

Quit SA programs and services

The World Health Organisation has described tobacco smoking as the single greatest preventable cause of disease in the developed world. Smoking contributes to just under 15,000 deaths in Australia every year.

Quit SA is funded by SA Health and provides statewide services around smoking cessation, including **Quitline 13 7848**, specialised programs, training and printed resources.

Our aim is to reduce the social and personal costs of tobacco use in South Australia. This work includes:

- promoting and supporting quitting
- preventing the uptake of tobacco smoking
- providing knowledge about the damage caused by active and passive smoking
- promoting the benefits of not smoking.



Quitline 13 7848

Most smokers would like to quit and many have tried several times without success. Continued support during a quit attempt significantly increases the chances of successful quitting.

Quitline is a free service that provides year round access to resources and trained Counsellors. Smokers who speak to a counsellor can also enrol in proactive telephone call back service which provides support during difficult periods to help quitters stay on track.

Quit onQ is a text messaging service designed to help people while quitting, by sending out several free text messages each day. The service is tailored to suit individual circumstances and the best part is the quitter is in control of the quantity and type of support message they wish to receive. Smokers can register by either speaking to a Quitline counsellor or by going to the Quit SA website www.quitsa.org.au

Quitline also has a liaison officer working to ensure that services are culturally appropriate and effective for Aboriginal and Torres Strait Islander communities.

Health, community services workers and other medical professionals can refer smokers to **Quitline 13 7848** by completing a referral form and submitting it—either online or by fax. See www.quitsa.org.au

Customised training programs

Quit SA offers Quitskills, a professional education program for workers from a range of industries, sectors and organisations who want to increase their skills to support smokers to quit.

Quitskills is a nationally recognised, competency-based, training program (aligned with the Australian Quality Training Framework) that provides three units of competence in tobacco cessation accredited by TAFE SA.

Participants learn about the complexity of smoking, approaches to quitting, cessation products and best-practice intervention methods for helping people to quit.

A program of Quitskills training is offered routinely throughout the year and Quit SA can also provide customised training to accommodate the particular needs of organisations. For more information, visit www.quitsa.org.au

Workplace support

Quit SA provides a range of services to assist with smoking cessation in the workplace, including:

- resources and assistance with development and implementation of smoke-free policies
- informative workshops and seminars to support staff to quit
- ongoing support via **Quitline 13 7848**.

Specialised programs

Quit SA provides support and specialised programs for groups and communities with higher smoking rates, and those with special needs.

Schools

Quit SA provides a range of opportunities for school students to gain the information, skills and attitudes that will enable them to be non-smokers. Our targeted projects aim to:

- encourage schools to address smoking
- support educators to implement tobacco education programs
- promote smoke-free environments for the whole community, including meeting places for young people.

Young people (15–29 years)

Programs are held regularly to promote smoking cessation and reduce the uptake of smoking amongst young people in 'out of school' settings, particularly between schooling and entering the workforce. Quit SA works in collaboration with youth services, organisations and young people and offers training for health and peer support workers to provide them with the knowledge, skills and resources to support young people to quit.

People living with disadvantage

Smoking often perpetuates the cycle of disadvantage, because quitting can be more difficult for people who are socially and economically disadvantaged.

Smoking is more common in these circumstances and there is less support and fewer resources available to quit. The health and social burdens of smoking weigh heaviest on those who have the least personal and material resources to resist smoking or quit.

Quit SA targets community service organisations working with disadvantaged people and ensures workers receive the training they need to provide quit support to their clients.

Organisations are also encouraged to implement smoke-free policies and practices that support quitting among staff and service users.

Tackling smoking in Aboriginal Communities

The National Tackling Smoking measure is part of the federal government's agreement to 'Close the Gap' and improve health outcomes for Aboriginal people.

Under this measure, state and territory governments have been offered funding to enhance Quitline services so that they become more culturally sensitive and effective for Aboriginal and Torres Strait Islander people.

To help in identifying barriers to access the Quitline, Quit SA provides liaison with indigenous health services and communities and Divisions of General Practice to promote the Quitline support service.

Quit SA collaborates with key agencies and stakeholders to provide training and support to the Tackling Smoking workforce and provides training and support to Aboriginal health workers around smoking cessation.

Pregnant women and their families

During pregnancy, women have increased contact with health care providers and often experience higher levels of motivation to quit. Quitting smoking during pregnancy reduces adverse health outcomes for mothers, babies and their families.

Quit SA provides health professionals with the skills and knowledge to support parents in becoming smoke-free and the project has a particular focus on Aboriginal women and their families.

Information and publications

A comprehensive range of Quit SA resources is available. Most of these are free and may be ordered online at www.quitsa.org.au

For further information about Quit SA's programs and services, call 08 8291 4141.

For assistance and information on quitting smoking call...


Quitline
13 7848

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