

**LISTEN TO  
YOUR STORY**

**SUPPORT  
YOU ON YOUR  
JOURNEY  
TO QUIT**

**INFORMATION  
ABOUT  
PRODUCTS TO  
HELP YOU QUIT**

**How can  
Aboriginal Quitline  
13 7848  
support you?**

**TIPS TO HELP YOU  
MANAGE YOUR  
WITHDRAWALS AND  
CRAVINGS**

**LINK YOU  
WITH LOCAL  
SUPPORTS**

**CALL YOU BACK AS OFTEN  
OR AS LITTLE AS YOU NEED**



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# HOW TO GET FREE NICOTINE REPLACEMENT THERAPY PRODUCTS

## To get free Nicotine Replacement Therapy (NRT) under Closing the Gap:

- you must be a concession cardholder
- you need to register as an Aboriginal or Torres Strait Islander person under Closing the Gap (CTG) with your GP or your Aboriginal Health Service
- your doctor must mark the prescription with 'CTG' so the pharmacy does not charge you

You can get two 12 week courses of free NRT products in a 12 month period.

If you do not have a concession card, you may still be eligible to get NRT at a reduced price under Closing the Gap.

## To get free NRT from your Aboriginal Organisation:

- Talk to your Aboriginal Health Worker/Smoking Cessation Worker

## How does NRT help you to stop smoking?

NRT can reduce cravings and other nicotine withdrawal symptoms. This can make it easier to stop the smokes.

For more information, please call Quitline 13 7848 and ask to speak to our Aboriginal Counsellor.



- NRT Patches
- Daily patch (16 hour) or day and night patch (24 hours)
- Oral NRT
- 2mg-4mg Lozenges and Chewing Gum



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- And Inhalator

