

nomore BUTTS

quit smoking for people with HIV

quitting

Benefits your health

if you are an HIV positive smoker this is one of the most significant ways to improve your health

Ready to quit?

Talk to your doctor /
Health worker or visit
www.nomorebutts.org.au



Andrew Georgiou



Project of the NSW
HIV Health Promotion
Interagency

nomore Butts

quit smoking for people with HIV

quitting

- **may take several attempts**
the more quit attempts the closer you are to success
- **BUILDS CONFIDENCE**
you realise you can take on challenges and take control of your life
- **is a choice you make**
you need to be ready, set goals and make plans to achieve them

For more information on treatment and support

sydney south west Area Health service:

Smoking Clinic - RPA Hospital - Ph: 02 9515 8613

Croydon Community Health Centre - Ph: 02 9378 1306

south eastern sydney illawarra Area Health service:

Stop Smoking Program - Prince of Wales - Department of Respiratory Medicine - Ph: 02 9382 4641

St George Hospital Alcohol and Other Drug Services - Ph: 02 9113 2944

Rockdale Community Health Centre (support group) - Ph: 02 9087 8300

quitline Ph: 137 848

If you are ready to quit financial assistance is available

If you have a health care card and you need financial assistance for quit smoking therapies contact BGF on 9283 8666 or toll free 1800 651 011

Subsidised NRT may also be available through South Eastern Sydney Illawarra Area Health Clinics

www.nomorebutts.org.au

PositiveLifeNSW
the voice of people with HIV since 1988

acon
BUILDING OUR COMMUNITY'S
HEALTH & WELLBEING



Supported by South Eastern Sydney Illawarra
and Sydney South West Area Health Services