

TACKLING INDIGENOUS SMOKING

The **Tackling Indigenous Smoking (TIS)** program offers Aboriginal people the opportunity to learn about smoking and the harms associated with tobacco.

At **BRAMS** we are a smoke free zone organisation and serious about making a difference to the lives of Aboriginal people living in and around Broome Region.



Quitline
13 7848



NO JOOBUCK

BRAMS Tackling Indigenous Smoking



Hi, My name is Gordon Lawford. I'm one of the TIS Educators at BRAMS. We are here to support you in quitting.



Hi, My name is Alden Lands and I'm one of the TIS Educators at BRAMS. We are here to support you in quitting or cutting down your smoking.



Hi, My name is Stanley Francis. I'm one of the TIS Educators at BRAMS. We look forward to helping you either quit or cut down on your smoking.



Broome
Regional Aboriginal
Medical Service

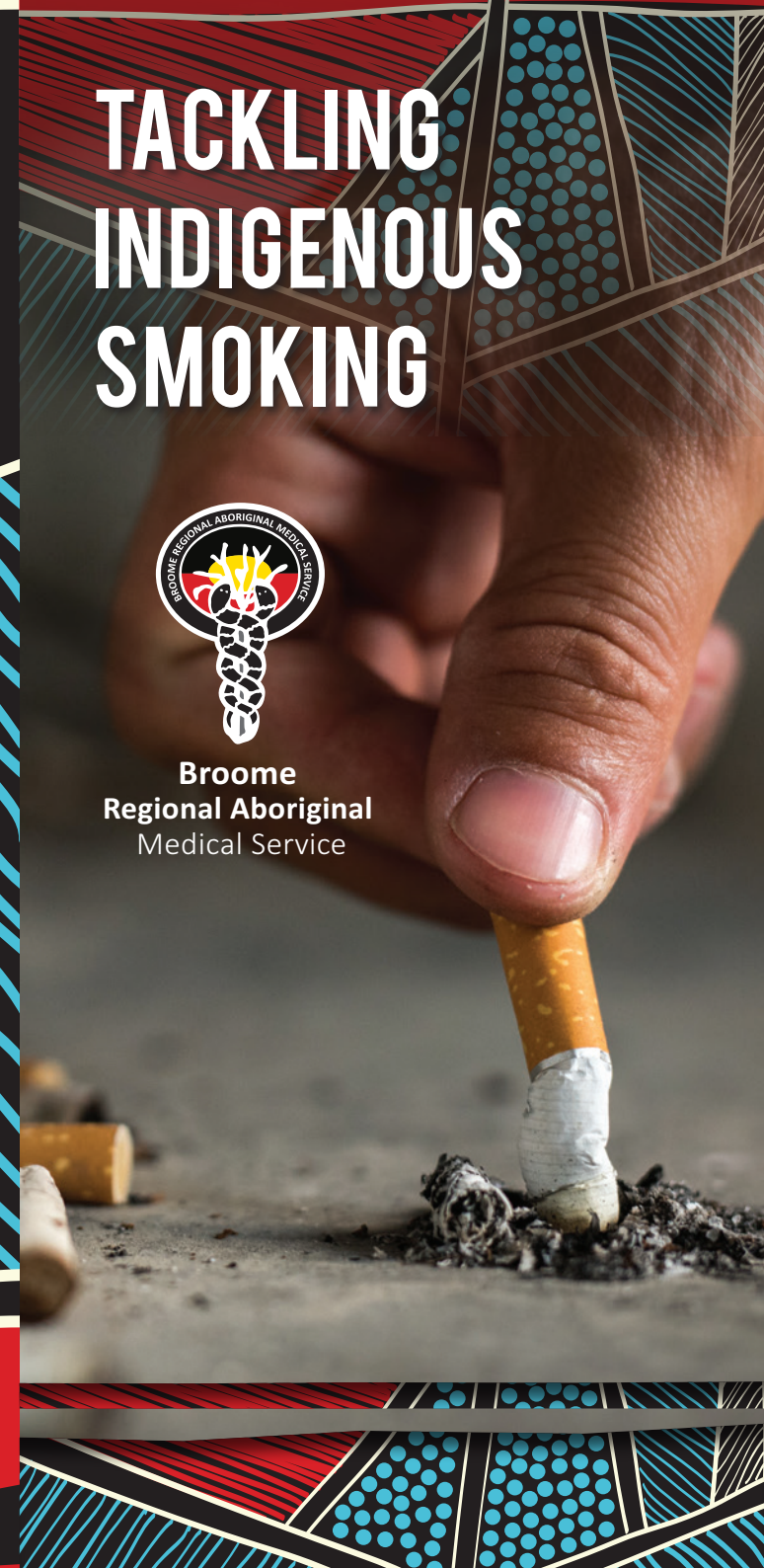
Contact Us

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Broome WA 6725
brams@brams.org.au

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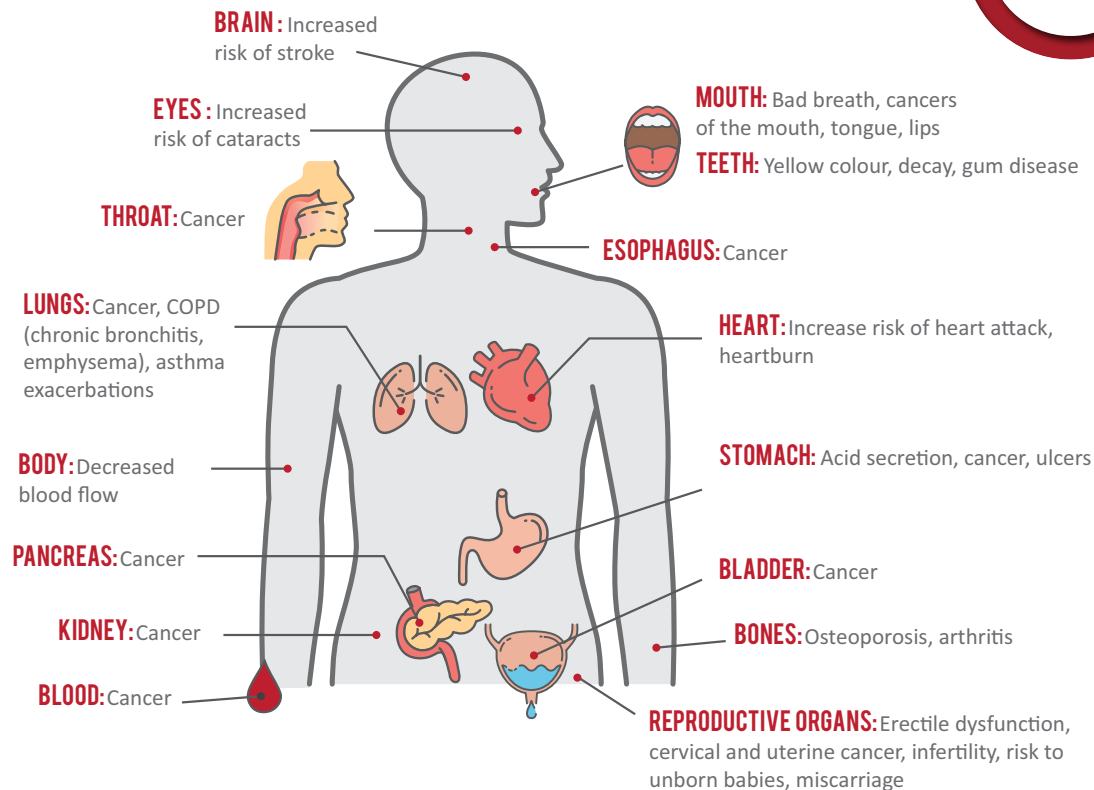
WHAT WE DO

The TIS Program offer:

- Group Sessions
- Community Events
- Working in partnerships with other organisations.
- Referrals for any smoking - related issues.
- Social marketing of smoking.
- Programs to support you such as, how you can Achieve a successful outcome in not smoking.
- Brief Intervention

BRAMS No Joobuck team
will work with you.

SMOKING HEALTH FACTS



WHAT IS IN CIGARETTE SMOKE?

- More than 7000 chemicals are found in cigarette smoke.
- 69 of them are cancer causing substances known as carcinogens.
- It is the burning of these chemicals and the inhalation of them into the body that makes smoking so harmful.

REFERRALS

- Self referral through the completion of a form
- Internally from a GP, Nurse or Aboriginal Health Worker
- SEWB team
- Quitline 137848

Ready to
start?