



**Media Release
October 6 2017**

Stop Smoking in Stoptober

October is all about quitting – quitting smoking that is.

This ‘Stoptober’ Geraldton Regional Aboriginal Medical Service, Tackling Indigenous Smoking (TIS) team is urging everyone – its staff included – to give up smoking.

GRAMS’ TIS team will have their best resources on hand to help people quit.

GRAMS spokesperson Derise Jones said the team was well aware just how difficult it is to ditch the habit.

“We understand how difficult giving up smoking can be,” Ms Jones said.

“But we also understand the enormous benefits of giving up, not just in terms of your physical health but your economic health too.

“We want all those benefits for our people – the improvement in health, the saved money, the feeling of vitality and achievement.

“That’s why we’re putting our every effort into helping people stop smoking this Stoptober.”

Stoptober is a world-wide initiative in which millions of people across the globe sign up for a mass quit effort.

In Geraldton, the GRAMS’ TIS team will help by first measuring the carbon monoxide levels of those who sign up for Stoptober. They will then track the poisons in their system each week, at TIS sponsored morning teas or after-hours sessions.

TIS officers and clinical health professionals will be on hand at these sessions to provide the encouragement, support and guidance to help people ditch the habit for good.

“We believe people who take part in a bulk quitting effort gain real benefits from the feeling of community and togetherness around working towards a common goal,” Ms Jones said.

“They weather the difficulties together and encourage each other along the way.

“And by participating in the weekly carbon monoxide tracking, they gain so much satisfaction in seeing their carbon monoxide levels drop as the weeks progress. It’s a great incentive to keep going.”

Research has shown that those who are able to stop smoking for a month are five times more likely to quit smoking for good.

To further encourage people to give up smoking, GRAMS' TIS team will offer prizes for those who achieve great results.

If you, or someone you know, wants to stop smoking contact the TIS team at GRAMS now.

To register to be part of Stoptober, visit the GRAMS TIS team at 60 Rifle Range Road Geraldton or call on 99566 555.

ENDS...

Media information: For more information, please contact Derise Jones on 99566 555