



## Resources to help people stop smoking

General	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
Quit Book		–	\$1.10	
Choosing the Best Way to Quit book		–	\$1.10	
Healthy Eating brochure		–	55c	
Helping Others Quit brochure		–	\$1.10	
Smoking & Surgery brochure		–	\$1.10	
Smoking & Diabetes brochure		–	\$1.10	
Smoking & Your Health - Information for Women brochure		–	\$1.10	
Smoking, Your Mouth, Your Health brochure		–	\$1.10	
Smoking & Asthma brochure		–	\$1.10	
Quit & Save brochure		–	55c	
4Ds wallet card		–	55c	

### Audio visual

10 Good Ways of Relaxing audio CD		\$5.50	\$5.50	
10 Steps to Quit for Good video/DVD	video	\$27.50	\$33	
	DVD			
10 Steps to Quit for Good (captioned) video		\$27.50	\$33	
▶ \$ Subtotal this column (1)				

### Stopping smoking: further information sheets

**Victorian orders** – One copy free (can be photocopied), bulk copies billed at 33c each. Also available on our website [www.quit.org.au](http://www.quit.org.au)

	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
Bupropion		–	33c	
Nicotine Chewing Gum		–	33c	
Nicotine Inhaler		–	33c	
Nicotine Lozenges		–	33c	
Nicotine Patches		–	33c	
Nicotine Sublingual Tablet		–	33c	
Quitting Services and Products		–	33c	
Varenicline: a prescribed medicine		–	33c	
Withdrawal		–	33c	

### Parents

When They Are Young (for parents) poster		–	\$1.10	
Clearing the Air - Talking with Children & Teenagers About Smoking brochure		–	\$1.10	
Important Information for Fathers Who Smoke brochure		–	\$1.10	
Secondhand Smoke and Your Children brochure		–	\$1.10	
Reducing the Risks of Cot Death brochure (1 only)		–	N/A	
Smoking and Pregnancy brochure		–	\$1.10	
Give Your Baby a Great Start to Life card		–	55c	
Baby Breathing door hanger (Vic – limit 20 per order)		–	\$1.00	
▶ \$ Subtotal this column (2)				

## Material in languages other than English

Languages available (shaded boxes unavailable)	Arabic	Bosnian	Cambodian	Chinese	Croatian	Dari	Greek	Italian	Korean	Kurdish	Macedonian	Polish	Russian	Serbian	Somali	Spanish	Sudanese	Tigrinya	Turkish	Vietnamese	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
The Can Quit Book																						–	\$3.30	
Secondhand Smoke & Your Children brochure																						–	\$1.10	
International No Smoking Symbol sticker																						–	55c	
Stopping Smoking is the Only Healthy Option postcard																						–	–	
How to Quit Smoking audio CD																						–	\$11.00	
Everyone at This Table is Smoking poster																						–	\$1.10	
Enjoy Life More, Quit Now poster (Chinese)																						–	\$1.10	
Protect Children From Cigarette Smoke poster (Chinese)																						–	\$1.10	
<b>Multi-language resources</b>																								
Lung Tumour poster	With information in English, Arabic, Chinese, Greek, Italian, Korean, Spanish, Turkish, Vietnamese.																					–	\$1.10	
Stop Smoking for Your Loved Ones poster	With information in English, Arabic, Cambodian, Chinese, Croatian, Greek, Italian, Macedonian, Polish, Russian, Serbian, Spanish, Turkish and Vietnamese.																					–	\$1.10	
▶ \$ Subtotal this column (3)																								

\* For online resources visit [quit.org.au/multicultural](http://quit.org.au/multicultural)

### Posters

	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
What's Your Poison? poster		–	\$1.10	
Smoking Causes Disease from Head to Toe - tobacco pack warnings poster		–	–	
What You See is What You Get - tobacco pack warnings poster		–	–	
Smokefree Homes poster		–	–	
Secrets poster		–	\$1.10	
Quitline poster		–	\$1.10	
Stroke poster		–	\$1.10	
Eye poster		–	\$1.10	
Tar poster		–	\$1.10	
Where in the World poster		–	–	
You're Pregnant poster		–	\$1.10	
Sport poster - Role Model Athletics		–	–	
Sport poster - Role Model Softball		–	–	
Sport poster - Role Model Swimming		–	–	
▶ \$ Subtotal this column (4)				

### Resources for schools

#### Teachers

	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
When They Are Young (for teachers) poster		–	\$1.10	
When They Are Young (for youth workers) poster		–	\$1.10	
Smokes and Ladders poster		–	\$1.10	
▶ \$ Subtotal this column (5)				

#### Students

Tobacco Action Packs – Available to download from our website at [www.quit.org.au](http://www.quit.org.au)

### Materials for Aboriginal communities

	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
Aboriginal smokefree stickers (4 stickers in 1)		–	\$1.00	
Give Your Baby a Great Start to Life card		–	55c	
Passive Smoking (Sickness Goes into Family) poster		–	\$1.00	
What Cigarette Smoking Does to Your Body poster		–	\$1.00	
Why is Smoking a Problem? fact sheet		–	77c	
Why is Smoking a Problem When Pregnant? fact sheet		–	77c	
▶ \$ Subtotal this column (6)				

### Resources for research

#### Background Briefs

	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
<b>Victorian orders</b> – One copy free (can be photocopied), bulk copies billed at 33c each. Also available on our web site <a href="http://www.quit.org.au">www.quit.org.au</a>				
About Quit		–	33c	
Addiction		–	33c	
Adult Smoking Rates Around the World		–	33c	
Australian Smoking Rates, Diseases, Secondhand Smoke & Costs		–	33c	
Cigars & Pipes		–	33c	
Emphysema & Chronic Bronchitis		–	33c	
Herbal Cigarettes, Kreteks, Bidis, Roll-Your-Own, Water Pipes & Cannabis		–	33c	
Light or Low-tar Cigarettes		–	33c	
Mental Illness & Smoking Cessation: An Urgent Public Health Issue		–	33c	
Peripheral Vascular Disease		–	33c	
Secondhand Smoke		–	33c	
Smoking & the Mouth		–	33c	
Smoking & Pregnancy		–	33c	
Smoking & Stroke		–	33c	
Social Costs of Tobacco Use in Australia		–	33c	
Stop Smoking to See the Future (Eye Health)		–	33c	
Waterpipe tobacco smoking		–	33c	
What's in Cigarettes?		–	33c	
What One Cigarette Does		–	33c	
▶ \$ Subtotal this column (7)				

#### Tobacco pack warnings fact sheets

Don't Let Children Breathe Your Smoke		–	–	
Quitting Will Improve Your Health		–	–	
Smoking - A Leading Cause of Death		–	–	
Smoking Causes Emphysema		–	–	
Smoking Causes Mouth & Throat Cancer		–	–	
Smoking Causes Peripheral Vascular Disease		–	–	
Smoking Clogs Your Arteries		–	–	
▶ \$ Subtotal this column (7)				

#### Books

Quit Evaluation Studies 1 – 11 available to download from our website at [www.quit.org.au](http://www.quit.org.au)

Tobacco in Australia: Facts & Issues 2008 3rd edition can be found online at [www.tobaccoinustralia.org.au](http://www.tobaccoinustralia.org.au)

## Signage

	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
International No Smoking Symbol sticker: 10cm diameter		\$3.30	\$3.30	
International No Smoking Symbol sticker: 20cm diameter		\$6.60	\$6.60	
International No Smoking Symbol decal (for use on windows): 20 cm diameter		\$5.50	\$5.50	
International No Smoking Symbol with durable plastic holes in each corner: 30cm x 30cm		\$8.80	\$8.80	
No Smoking Please sticker: 29cm x 6cm		\$1.43	\$1.43	
Quitline sticker: 21cm x 8cm		\$1.65	\$1.65	
▶ \$ Subtotal this column (8)				

## Merchandise

	Quantity	\$ Victoria	\$ Elsewhere	\$ Total
Stress balls		\$2.20	\$2.20	
Mugs		\$7.70	\$7.70	
Quit pen		\$1.10	\$1.10	
Quitline fabric bag		\$1.10	\$1.10	
▶ \$ Subtotal this column (9)				

## DVDs

### Organisations wishing to purchase any of the following DVD titles should contact:

T.H.E Videos Pty Ltd,  
Phone: 03 5433 3854 Email: front\_desk@themedias.com.au

- Baby Breathing DVD
- Cross My Heart DVD
- Hot Water DVD package, includes leader's and teacher's manuals – for additional copies of manuals, contact Quit
- In The Line of Fire DVD
- My Last Last Cigarette DVD includes 1 Manual and 20 Worksheets

If you want to stop smoking, call:

# Quitline 13 7848

The Quitline is a confidential telephone information and advice service. For the cost of a local call, professional telephone advisors provide encouragement and support to help smokers quit.

Find resources online at:

# quit.org.au

Many of the resources listed on this order form can also be found on our website. You can also download more copies of this order form.

There is online help for people who want to quit smoking including the Quit Coach, where smokers can get free personal advice tailored to their needs.

View the Quit Book online at:

# quitbecauseyoucan.org.au

As well as the online Quit Book, there is also information available on this website in a range of languages that can be viewed on your screen, downloaded and printed.

## Total cost of order (Method B)

	\$ Victoria	\$ Elsewhere	\$ Total
<b>Resources to help quitters</b>			
General			
Audio visual			
▶ \$ Subtotal this column (1)			
<b>Stopping smoking info sheets</b>			
Parents			
▶ \$ Subtotal this column (2)			
<b>Material in languages other than English</b>			
▶ \$ Subtotal this column (3)			
<b>Posters</b>			
▶ \$ Subtotal this column (4)			
<b>Resources for schools</b>			
Teachers			
▶ \$ Subtotal this column (5)			
<b>Materials for Aboriginal communities</b>			
▶ \$ Subtotal this column (6)			
<b>Resources for research</b>			
Background briefs			
Tobacco pack warnings fact sheets			
▶ \$ Subtotal this column (7)			
<b>Signage</b>			
▶ \$ Subtotal this column (8)			
<b>Merchandise</b>			
▶ \$ Subtotal this column (9)			
<b>Postage</b>			
Victoria			
Postage is free			
Other states			
Small orders – add \$4.40 for postage			
Larger orders will be invoiced			
▶ Postage			
▶ Total			