Smoking and Vaping Resource Referral Guide

The following table lists several organisations and websites that support workplaces and individuals   
to quit smoking or create a smoke-free environment.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strategies | Healthy  vision | Healthy  places | Healthy  people | resources |
| Promote a smoke-free workplace by developing and implementing a 100% smoke-free policy. | • |  |  | [A guide for South Australian workplaces going smoke free](http://www.sahealth.sa.gov.au/wps/wcm/connect/27f1ce804f4d15a3830acf330cda8a00/Smoke-free+Workplace+Guide-DASSA-Feb2013.pdf?MOD=AJPERES&CACHEID=27f1ce804f4d15a3830acf330cda8a00)  [Resources to help you make your workplace smokefree (quit.org.au)](https://www.quit.org.au/resources/workplaces/taking-action-office/) |
| Embed no-smoking support procedures into work, health, and safety procedures and policies. | • |  |  |  |
| Update your knowledge about  South Australian tobacco legislation. | • | • |  | **SafeWork SA** can advise on SA workplace legislation. Visit the [website](https://www.safework.sa.gov.au/workers/health-and-wellbeing/smoking) or call  1300 365 255 or (08) 8303 0400 (for mobile and interstate callers)  [Tobacco Products Regulation Act 1997 | South Australian Legislation](https://www.legislation.sa.gov.au/lz?path=%2FC%2FA%2FTobacco%20Products%20Regulation%20Act%201997)  [Tobacco and E-Cigarette Products Regulations 2019](https://www.legislation.sa.gov.au/LZ/C/R/Tobacco%20and%20E-Cigarette%20Products%20Regulations%202019.aspx) |
| Promote and provide a smoke-free workplace. If there is onsite smoking, make sure the dedicated area  complies with legislation. |  | • |  | [A guide for South Australian workplaces going smoke free](http://www.sahealth.sa.gov.au/wps/wcm/connect/27f1ce804f4d15a3830acf330cda8a00/Smoke-free+Workplace+Guide-DASSA-Feb2013.pdf?MOD=AJPERES&CACHEID=27f1ce804f4d15a3830acf330cda8a00)  [Quit - South Australian resource order form](https://d1pz9rwztkrv8y.cloudfront.net/static/docs/Quit+resource+order+form+SA.pdf) |
| Include smoke-free policy and information in staff induction materials. | • |  |  | [Quit smoking | Cancer Council](https://www.cancer.org.au/cancer-information/causes-and-prevention/smoking/quit-smoking)  [Aboriginal Quitline - Cancer Council](https://www.cancersa.org.au/support/aboriginal-communities/support-services/aboriginal-quitline/#:~:text=Call%20Quitline%2013%207848&text=The%20Aboriginal%20Quitline%20Team%20are,.au%20for%20help%20quitting.%20.) |
| Spread the quit smoking message with promotional materials and embed these messages into communication and media forms like memos, newsletters and notice boards. |  | • |  | [Cancer Council](https://www.cancer.org.au/cancer-information/causes-and-prevention/smoking/quit-smoking)  [Stop Smoking Tips Hub (quit.org.au)](https://www.quit.org.au/articles/tipshub/)  [Healthy Living Resources - order form](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sahealth.sa.gov.au%2Fwps%2Fwcm%2Fconnect%2F1216d280492a309e8a0afe7675638bd8%2FWBSA_HealthyLivingResourcesCat_WIP1._AB%2Beditspdf.pdf%3FMOD%3DAJPERES%26CACHEID%3DROOTWORKSPACE-1216d280492a309e8a0afe7675638bd8-od4LU.V&data=05%7C01%7CShane.Presch2%40sa.gov.au%7C150a8034fcda44e8a45b08daaff746cd%7Cbda528f7fca9432fbc98bd7e90d40906%7C1%7C0%7C638015773819341782%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=84%2F1Zl%2B9221teyzuJMdVtW8iZp6gY7MFyjBiHGNq4U4%3D&reserved=0) |
| Inform workers on the latest information on vaping. |  |  |  | [Alcohol and Drug Foundation](https://adf.org.au/vaping/) |
| Promote and provide access to support services for those wanting to quit or reduce smoking and consider extending workplace quit programs to people’s families and household members (where feasible). |  |  | • | Call Quitline 137848 – you can also text ‘call back’ to 137848  [Quit](https://www.quit.org.au/)  [SA](https://www.cancersa.org.au/quitline) [Quitline](https://www.quit.org.au/articles/about-sa-quitline-13-7848/)  [Be Smoke Free](https://besmokefree.com.au/) |
| Remind workers that a general practitioner can help them quit  smoking by prescribing nicotine replacement therapy and /or  referring them for counselling. |  |  | • | [South Australian GPs and other health services](https://www.healthdirect.gov.au/australian-health-services) |
| Find out if your workplace employee assistance program offers help with goal setting and behavioural change. If it does, promote the program widely and let people know their options. |  |  | • | Find an [EAP service](https://eapaa.org.au/site/selecting-eap/providers/) for your workplace. Also ask your insurers or peak industry association about EAP discounts |
| Consider sponsoring comprehensive  quit programs. For example, subsidise quit smoking aids like nicotine replacement therapy (NRT) or provide incentives for those who quit smoking (as appropriate). |  |  | • | [NRT information](https://www.health.gov.au/health-topics/smoking-and-tobacco/how-to-quit-smoking/quitting-methods#nicotine-replacement-therapy-nrt) |
| Provide, or support participation in,  quit smoking programs, I quit in May. |  |  | • | [My QuitBuddy app | Australian Government Department of Health](https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app)  [iCanQuit | Quit Smoking NSW | Learn How to Quit Smoking](https://www.icanquit.com.au/) |