



THE UNIVERSITY OF
WESTERN AUSTRALIA

A large red circle with a diagonal slash through it, superimposed over a black cigarette with smoke rising from it.

UWA is Smoke Free

The University of Western Australia became smoke free on 1 January 2012.

Please help to create a healthier environment for our staff, students and visitors by not smoking in, or at, any of the University's buildings, properties and workplaces.

www.uwa.edu.au/smokefree

The University of Western Australia is committed to helping staff and students who smoke to quit.

Reasons to quit smoking

There are many short and long-term benefits of quitting, including:

- saving money
- increased energy levels
- reduced blood pressure
- decreased risk of some cancers, cardiovascular disease and respiratory illnesses.

Smoking cessation support for staff and students

- Visit your General Practitioner.
- Call the UWA Medical Centre on 6488 2118 for an appointment with an Alcohol and Other Drug Counsellor.
- Quit packs are available from the University's Health Promotion Unit.
Email health_promotion@uwa.edu.au
- The UWA Counselling and Psychological Services provide a free and confidential service to staff and students. Call 6488 2423 for an appointment.
- Book into a smoking cessation group at the Robin Winkler Clinic on 6488 2644.
- Call the Quitline on 13 18 48.
- Visit www.quitnow.gov.au