

Smoking Cessation

A Quick guide to quitting at RAH

RAH Health Promotion

Services for patients at Royal Adelaide Hospital

- RAH Health Promotion Staff and trained volunteers will visit patients 1:1 –please call 25193 to refer patients.
- Patients and staff may visit the Health Promotion Shop-front in the main foyer. Open 10am to 4pm, Monday to Friday.
- Suggest your patient calls the Quitline on 131 848.
- Cardiac and respiratory rehabilitation groups

Services for staff at Royal Adelaide Hospital

- Information sessions for staff – call 25160 for details
- 1:1 counseling and referral to Quitline 13 QUIT (13 7848)
- Weekly Relaxation/meditation classes may also assist with the stresses of quitting.

Please call us on 25193 if you have any questions
or contact Barbara Putz
bputz@mail.rah.sa.gov.au

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(08) 8222 5193

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