

MEDIA RELEASE

27 May 2014

“DON'T GIVE UP TILL YOU GIVE UP”

As a leading Australian alcohol and other drug agency, Drug ARM Australasia joins National and International efforts for World No Tobacco Day on 31 May. We would like to emphasise that:

- We understand the tobacco dependence is an addiction
- Quitting tobacco is a challenge but possible
- Counselling and other support can double or even triple a person's chance of success
- Most smokers attempt quitting several times before they quit for good
- Supporting someone who wants to quit increases his or her chance of success

“The World No Tobacco Day is on 31 May 2014 and Drug ARM supports the goals of this year's campaign – to contribute to protecting present and future generations not only from the devastating health consequences, but also from the social, environmental and economic effects of tobacco use and exposure to tobacco smoke,” said Dr Dennis Young, Chief Executive Officer, Drug ARM.

“Tobacco use is the single most preventable cause of death globally and is currently responsible for 10% of adult deaths worldwide.”

“As part of our prevention program Drug ARM provides fact sheets which contain information on short-term and long-term dangers of tobacco smoking, and encourage people to reach out and take a step toward quitting.”

“Drug ARM treatment programs assist people on their journey to quit smoking successfully, as we continue to work toward a tobacco free society,” Dr Young added.

Drug ARM is a specialist, non-government alcohol and other drug agency which is committed to reducing harms associated with alcohol and other drug use. Drug ARM is one of the merged entities under Healthy Options Australia, alongside Mental Health Association QLD and the Australian College of Community Services.

For further information on Drug ARM programs please phone 1300 656 800 or visit www.drugarm.com.au.

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