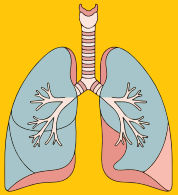


Everyone knows smoking
harms your health.

But do you know about the
good things that happen when
you quit smoking?

When you quit smoking:



- After a few weeks, your breathing improves.
- After 7 weeks, your mental health may improve.



- After 1 year, you lower your risk of heart attack or stroke.
- You save money.



- You protect your kids and they will be less likely to start smoking.

Get support

For information and support visit
your local clinic.

Talk to a friend or family
member who has quit or who
doesn't smoke.

Call Quitline 13 78 48

Quitline is a welcoming, free
and confidential
counselling service.

You can ask to speak to an
Aboriginal counsellor

Your local clinic details

.....

Phone No:



QUIT SMOKING

The best thing you can
do for your health is to
quit the smokes.



When do you smoke?

(Tick all those that apply)

- ☐ Having a coffee or tea
- ☐ After food
- ☐ With alcohol
- ☐ When bored
- ☐ When stressed
- ☐ Break from work
- ☐ With friends
- ☐ Waking up
- ☐ _____
- ☐ _____

**Think about
what you could
do instead.**

Ready to quit?

Set a quit day _____

Tell your friends and family you are quitting.

Try the 4Ds



- Delay for at least five minutes, the urge will pass.



- Deep breathe slowly.



- Do something else to distract yourself.



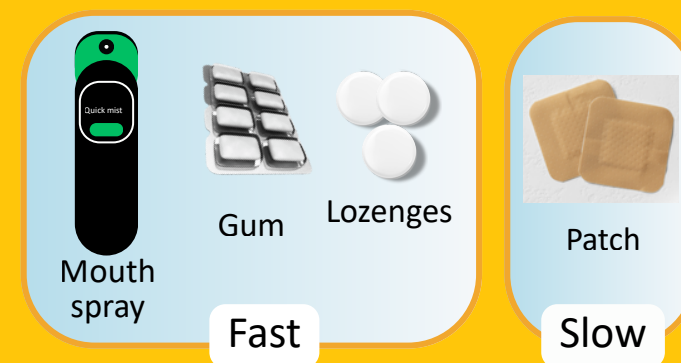
- Drink water to take time out, sip slowly.

Quitting medicines

These medicines make it easier to quit.

Speak to your clinic about what might be best for you.

Nicotine replacement therapy (NRT)



A combination of fast and slow NRT works better than just patches.

Other quitting medicines

Varenicline and Bupropion are two types of tablets that can also help you quit.

