

**There is always more than
one reason to quit.**

Call Quitline 13 7848 for help to become a smoke and vape free family.





Quitting is good for you, and helps protect your children from the harms of second hand smoking or vaping.

Queensland Health has a **free** quit smoking and vaping program for all parents, caregivers, or guardians of children aged three or under.

The program includes support over the phone, with **free** nicotine replacement products (patches, lozenges and gum) posted to your home*.

Call Quitline on 13 7848 to get started!

*These products are posted to participants for individual use only.

 **Quitline 13 7848**

qld.gov.au/quithq

