

# Quitting smoking is the best thing you can do for your health.



Call Quitline on  
13 7848 for help on  
becoming smoke-and-  
vape-free.



Queensland  
Government

# You don't have to go it alone, Quitline's trained specialists are here to support you, 7 days a week.

## What Quitline can do for you:

- Give you expert advice and genuine support about quitting
- Assist you to prepare to quit, including helping you to develop a quit plan
- Discuss strategies to manage your cravings and withdrawals
- Provide information on products to help you quit (including how to use them), like nicotine replacement therapy and other quitting medications.

To start your quit journey today, call Quitline on 13 7848, request a call from Quitline via QuitHQ ([www.qld.gov.au/quithq](http://www.qld.gov.au/quithq)).

 **Quitline** 13 7848

[qld.gov.au/quithq](http://qld.gov.au/quithq)

