

Are you thinking about
quitting the smokes or vape?
Yarn it up with Quitline.



Quitting is easier with help.

Quitline offers a free quit program for all Aboriginal and Torres Strait Islander Queenslanders. You get tailored support over the phone and free nicotine replacement therapy such as patches and gum, lozenges, or nicotine spray, which are posted to you.

Getting started is easy!

Quitline has Aboriginal and Torres Strait Islander team members, both men and women, ready to yarn and support you through your quit journey.

Call Quitline on **13 QUIT (13 7848)**, talk to staff at your local health service, or scan the QR code below.



Read about
the My
QuitBuddy
app here:



**National
Relay
Service**



Quitline 13 7848



The original artwork was produced for Queensland Health by Gilimbaa. Gilimbaa is an Indigenous creative agency.