



Australian Government
Department of Health and Aged Care

THERE IS NOW EVEN MORE SUPPORT TO HELP YOU **QUIT SMOKING AND VAPING**

And there's never been a better time to quit.

For tools and support:



Talk to your doctor, pharmacist or other health professional about the options available to help you quit.



Call the Quitline on 13 7848 for confidential advice and support from professional counsellors.



Visit quit.org.au for information, tools and links to a range of support options.



Download the free My QuitBuddy App through the Apple app store or Google Play for quit tips, distractions from cravings and to connect with others who are also quitting.



health.gov.au/tobacco-control

Quitline
137848