



Help to quit smoking

New laws mean your cigarettes will look and feel less appealing to help make it easier for you to quit.

There's now more support than ever to **help you quit:**



Ask your health worker, doctor or chemist for advice.
They can talk to you about different choices, like medicines that can help with cravings and feeling restless.



Call Quitline on 13 7848 and ask to yarn with an Aboriginal or Torres Strait Islander counsellor or get a call back.



Check quit.org.au for ways to quit and tips for dealing with how you feel while you're quitting.



Download the free My QuitBuddy app on your phone. It helps you set your own goals and motivations to quit, track your progress and see how much money you're saving by quitting.