

**GIVE UP
FOR GOOD**



Australian Government

Department of Health
and Aged Care

Wherever you are, you can access

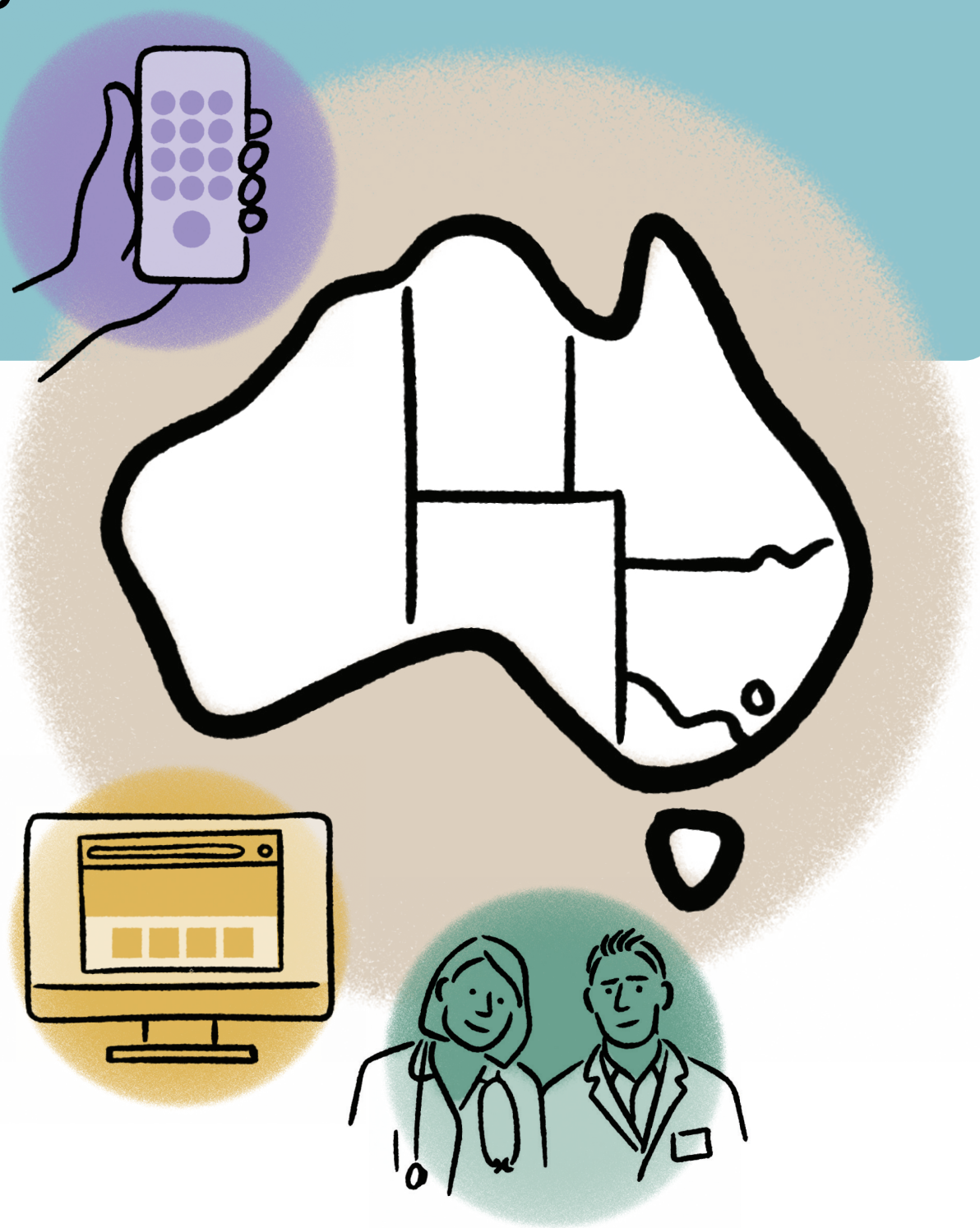
free tools and support

to join the thousands quitting
smoking and vaping.

Quitting smoking or vaping
can be hard, but right across
the country, from outback
communities to big cities, people
are getting help and finding their
way to quit and stay quit.

Whether it's your first time or
you've tried quitting before,
you're more likely to get there
with the right support.

Talk to a health professional
and get free tools and support.



health.gov.au/GiveUpForGood

Quitline
13 7848