



RESOURCE REQUEST FORM FOR INDIVIDUALS

Please send me:

- A FREE self-help Quit Pack

Or the following information:

- Quitline telephone advice service
- Choosing the best way to quit
- Smoking and pregnancy
- Smoking and mental health
- Smoke-Free Areas (legislation)
- What's in a cigarette?
- Quit and save a packet
- A months worth of Quit tips
- Quit without putting on weight
- Supporting someone to quit
- How to help your children to be non-smokers

Name.....

Address.....

.....Post Code.....

Quit Tasmania – 145 New Town Road, New Town 7008

Tel: 6228 2921 Fax: 6228 4149

www.quittas.org.au

