



## 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
- Workplace Quit courses
- Smoking and pregnancy
- Smoking and mental health
- Passive smoking
- Smoke-Free Areas (legislation)
- Products to help you quit (Medications/Patches/gum etc.)
- What's in cigarettes?
- Quit and save a packet
- A months worth of Quit tips
- Quit without putting on weight
- Helping others to quit
- How to help your children to be non-smokers

Name.....

Address.....

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

**Quit Tasmania - 2 Midwood Street, New Town 7008**

**Tel: 6228 2921 Fax: 6228 4149**

[www.quittas.org.au](http://www.quittas.org.au)

