

A close-up photograph of a pregnant woman's belly. Her hands are resting on her abdomen, one near the top and one near the bottom. She is wearing a ring on her left hand and has pink nail polish. The background is a bright orange color.

More money and
energy for you.

More oxygen for
your baby.

Want the best for you and your baby?

We can support you to
quit smoking.

Quitting successfully requires having good support.
We offer this support plus a lot of encouragement.

Call us on 13 7848

The logo for Quit Tasmania, featuring the word "Quit" in a large, bold, white font with a circular arrow around the letter "i", and "Tasmania" in a smaller font below it.



Need help with cravings?
Remember the 4 D's

Delay going out for a smoke

Deep breathing

DO something else

DRINK water

quittas.org.au

Quitline can give you some tips
on how to give quitting a go.

Call Quitline 13 7848

