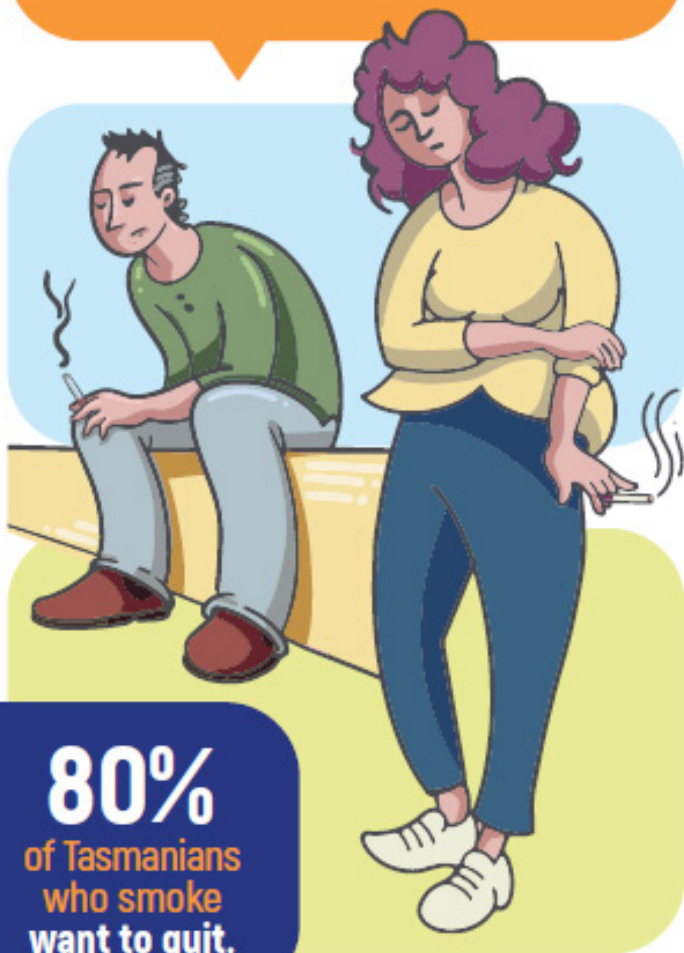


Thinking about quitting?

(or know someone who is?)



80%

of Tasmanians
who smoke
want to quit.

We'll support you to
MAKE IT HAPPEN.

Quit[®]
Tasmania

Get support from a Quitline Counsellor



Support from a Quitline Counsellor will increase your chance of quitting successfully. Give us a try. It's free and friendly.



Nicotine replacement advice

Manage stress

Know your triggers

Cope with cravings

Manage a relapse

Stay on track

We listen

No lectures

No judgement

Confidential

Quit smoking experts

Tasmanian

Things you
can look
forward to:



in 5 DAYS

remove nicotine
from your body

in 7 DAYS

get your smell
and taste back

in 30 DAYS

get your
lungs better

in 1 YEAR

save up to
\$14,000!

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