

## Congratulations on taking the first step to quitting smoking!

**With this Quit Kit, and speaking to a professional NSW Quitline Advisor, you will have all the support and up-to-date information you need to help you:**



Make your personal quit plan



Manage your cravings and triggers



Understand Nicotine Replacement Therapy (NRT) products and other medications available to you



Feel supported all the way!

Remember, we're here to help. Call us on **13 7848 (13 QUIT)** or visit [iCanQuit.com.au](http://iCanQuit.com.au) for more information, tools and peer support.

- The NSW Quitline Team