NSW Quitline is available:

Monday to Friday: 8am to 8pm

Saturday: 9am to 5pm

Our counsellors are trained to support you every step of the way, whether you're cutting back or quitting for good.

We understand that quitting can be challenging and we're here to offer support without judgment. It often takes more than one attempt to succeed, and that's okay. Quitline will work with you to find the best approach that suits your needs, helping you on your journey to a smoke and vape free life.

For more information visit www.icanquit.com.au

Thinking about quitting or cutting down on smoking or vaping?

There are many people who can support you on your journey:

- Aboriginal Quitline Counsellor
- AMS Health Worker
- Doctor or GP
- Nurse
- Tobacco Cessation Worker
- Others who have successfully quit
- Family and friends
- Chemist

You don't have to do it alone – reach out for the help you need.

Quitline is a free, confidential and individually tailored service to assist you in the process of quitting smoking or vaping. Aboriginal counsellors are available to provide you with tips on how to quit and support you on your quit journey.

Quitline 13 7848

Local Contact:

Aboriginal artwork elements designed by Carissa Paglino.

QL-0156-12.24 | (CI) 241197

Quitline® 13 7848

Do you know about Quitline?

iCanQuit

NSW GOVERNMENT

How Quitline can support you
Provide a culturally safe service, ask to speak to an Aboriginal Counsellor
When we call you, our number will display (02) 9138 3421 on your phone
Provide you with ongoing counselling sessions
We will send you an SMS reminder to let you know we are calling
Provide you with tips to manage withdrawals and cravings
Regular check-ins to see how you're doing and offer support
Help you make a quit plan
Provide you with information on Nicotine Replacement Therapy