

NSW Quitline is available:

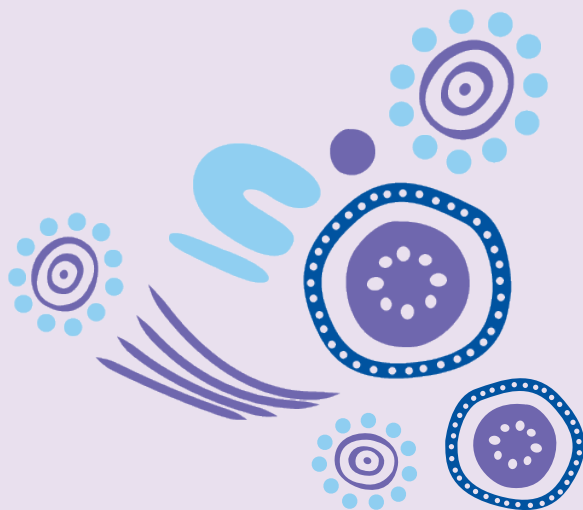
Monday to Friday: 8am to 8pm

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:

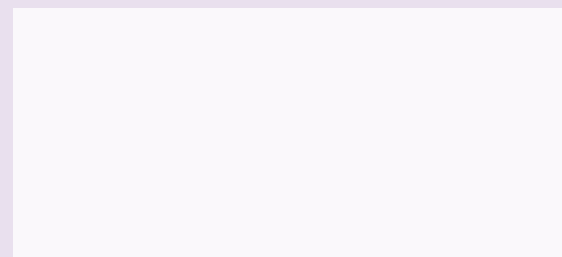
- Aboriginal Quitline Counsellor
- AMS Health Worker
- Doctor or GP
- Nurse
- Tobacco Cessation Worker
- Others who have successfully quit
- Family and friends
- Chemist

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.



iCanQuit



The infographic features a central circle with a thick blue border and a dotted pattern, containing the text "How Quitline can support you". Eight smaller circles, each with a thick blue border and a dotted pattern, are arranged around the center. Dotted lines connect the central circle to each of the surrounding circles. The background is a light purple color with faint, stylized Aboriginal art patterns, including concentric circles and wavy lines.

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