

 **Quitline 137848**

Want to stop smoking or vaping, but not sure where to start?

Quitline speaks your language



[iCanQuit.com.au](https://www.icanquit.com.au)



NSW Quitline is a free and confidential telephone counselling service that can provide you with information, advice, support and encouragement to help you quit smoking or vaping.



**If you need an interpreter, we can arrange one when you call us.**

You can also call the Translating and Interpreting Service (TIS) on 131 450 for an interpreter in your language and ask for Quitline.

**Call us today**

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