

THANK YOU FOR NOT SMOKING OR VAPING



RESIST THE URGE BY:



DELAYING

Delay for 1-2 minutes and the urge will pass



DRINKING WATER

Sip it slowly



DEEP BREATHING

Take three slow, deep breaths of fresh air



DOING SOMETHING ELSE

To take your mind off smoking or vaping

If you'd like to start your journey to quit smoking and/or vaping, speak to your GP or call 13 7848 or text 'call back' to 0482 090 634 to speak with a Quitline counsellor. They'd love to help.



Scan the QR
code for more tips
and support.

MAKE SMOKING
HISTORY 