

# 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** 