

Did you know that when people stop smoking they are more likely to:

Have less financial stress

Feel less anxious and depressed

Have a positive outlook and improved quality of life

Be abstinent from alcohol and other drugs

Require less medication

Stopping smoking can have significant benefits to mental health recovery.

Have you talked to your clients about the benefits of quitting?

Quitline 13 7848

MAKE SMOKING
HISTORY

Make Smoking History would like to thank Quit Victoria, NorthWestern Mental Health, Orygen Youth Health and EACH for allowing us to adapt and reproduce this resource.

Partner:



Department of Health

