

Thinking about
QUITTING
smoking or vaping?
(or know someone who is?)



80%
of Tasmanians
want to quit

We'll support you to
MAKE IT HAPPEN.



Get support from a Quitline Counsellor



Support from a Quitline Counsellor will increase your chance of quitting successfully. Give us a try. It's free and friendly. Call 13 7848.

Nicotine replacement advice

Manage stress

Know your triggers

Cope with cravings

Manage a relapse

Stay on track

We listen

No lectures

No judgement

Confidential

Quit smoking and
vaping experts

Things you
can look
forward to:



in 5 DAYS

remove nicotine
from your body

in 7 DAYS

get your smell
and taste back

in 30 DAYS

get your
lungs better

in 1 YEAR

save up to
\$14,000!



quittas.org.au