

To help with cravings after you've quit, try the 4Ds



Delay for at least five minutes, the urge will pass



Deep breathe slowly



Do something else to keep your hands busy



Drink water to take time out, sip slowly

quit.org.au

 **Quitline 13 7848**

If I need help to quit smoking or vaping, I can:

- Contact Quitline:
 - › Call **13 7848**
 - › Ask Quitline to call me back for free at **quit.org.au/callback**
- Talk about quitting with my doctor, pharmacist or other health professional
- Go to **quit.org.au** for quick tips, tools and resources on quitting



Scan the QR code or visit

quit.org.au/quitline

There are more ways to contact Quitline including **webchat, WhatsApp** and **Messenger**

quit.org.au

