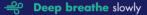
## To help with cravings after you've quit, try the 4Ds





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



