

What are the positives

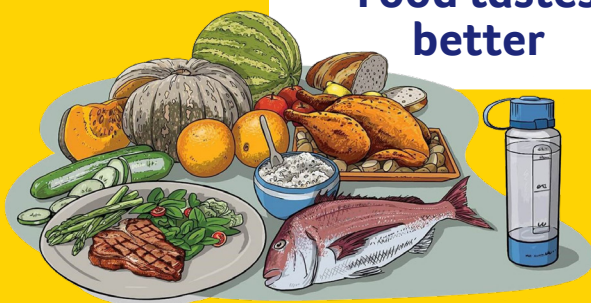


More money

Breathe and
feel better



Food tastes
better



For Quitline to call you back for free

- Ask for a Quitline referral
- Look up Quitline call-back online
- Text Call back on 137848

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Getting off the smokes is a journey. Where are you?



Not ready

Thinking



Ready to quit
or cut down!



Staying solid



When do you feel like a smoke?



Extra tip

Changing up what you do daily might help you get away from the things that make you want to smoke.



What can you do when you want to smoke?



Wait a few minutes



Take a deep breath



Drink water



Do something else

What help is there?



Talk to Quitline on 137848 or a doctor

Use Patches or other medication



Make a plan with family and mates

