



TIPS TO QUIT

1

UNDERSTAND HOW YOU SMOKE

What are your triggers to smoking? Common triggers can be drinking coffee, feeling stressed or certain people.

2

PLAN FOR A QUIT ATTEMPT

Have you thought about using Nicotine Replacement Therapy? Have you spoken to Quitline or your GP?

3

SET YOURSELF GOALS

"This week I am going to smoke two less cigarettes a day, try patches, and find ways to keep busy."

4

REWARD YOURSELF

Quitting is hard. Reward yourself for the little 'wins'.

5

GET SUPPORT

Find support that suits you. Try MyQuitBuddy or QuitForYouQuitForTwo Apps, call Quitline 13 7848 or search Quitly.bot on Facebook messenger.



Health

Mid North Coast
Local Health District

 Quitline.13 7848