



Any time. Any day. We're here to help.



www.health.qld.gov.au/quitsmoking

Quitting Smoking Resources and Websites

There are a range of resources available to support people to quit smoking. This fact sheet provides information on the range of health resources and services available to support people quitting smoking.

Quitting smoking is challenging so it helps to prepare before stopping smoking. To give yourself the best chance of succeeding, it helps to understand your nicotine addiction and develop a quit plan that best suits you. Information and support is available and will help you to stay a non-smoker.

Quitline 13 QUIT (13 7848)

The Quitline 13 QUIT (13 7848) is a state-wide confidential telephone service dedicated to helping people who want to quit smoking. The Quitline is available for the cost of a local call* 7 days a week to offer support, encouragement and resources to help all smokers to quit. Quitline also provides information and advice to people who may not be ready to quit smoking.

Callers have access to translation services and printed materials in 13 different languages. Tailored information and assistance is also available for young people, pregnant women, people with mental illness and Aboriginal and Torres Strait Islander people.

If you're interested in quitting or would like information, contact the Quitline on 13 QUIT (13 7848) and ask to speak to a counsellor. They have lots of experience in helping people quit smoking, and are available 7 days a week. **Quitline is the cost of a local call from anywhere in Queensland, with higher call costs for mobile phones.*

QUIT Coach

The QuitCoach is a free online program. You will be asked questions and then given ideas and suggestions to help you quit smoking and stay quit. The program will help you to understand your addiction, know what to expect when you quit, have strategies to help you resist urges to smoke, and know what tools are available to help you.

QuitCoach asks questions to find out what you are doing and thinking, and gives you advice on things you need to do to quit and stay quit. For more information, visit www.quitcoach.org.au

The Quit Coach is owned by the Cancer Council Victoria.

Cancer Helpline 13 11 20

The Cancer Helpline provides information on the health consequences of smoking including quit promotional materials and resources.



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Health Professionals

Discuss quitting smoking with a general practitioner, pharmacist, community health worker or other health professional. They can assist you with developing a quit plan.

Psychologists and other Allied Health Professional Support

You may be eligible for Medicare rebates for visits to a Psychologist if you were referred to the Psychologist by your general practitioner. Discuss this with your general practitioner, it might be possible if you have other things going on in your life while you are trying to quit smoking, such as depression and anxiety.

Your general practitioner can also talk to you about support from other allied health professionals, for example, a Dietician, who may be able to assist you if suffering from chronic health conditions.

Varenicline Support -www.mytimetoquit.com.au

If you are using the quit smoking medication, Varenicline (commonly known as Champix), you can register for Pfizer's support program called *My Time to Quit*. The program offers email or SMS tips to help you while quitting.

Online Resources

There are a number of websites that provide information and resources about tobacco smoking and quitting. These include:

Quit Now

www.quitnow.gov.au

My Smoking

www.mysmoking.qld.gov.au

QuitSmoking

www.health.qld.gov.au/quitsmoking

Cancer Council Queensland

www.cancerqld.org.au

OxyGen

www.oxygen.org.au

Quit Victoria

www.quit.org.au

For more information about tobacco smoking and quitting, call the Quitline 13 QUIT (13 7848) or visit www.health.qld.gov.au/quitsmoking