

The Quitline 13 QUIT (13 7848) is available to help all smokers wanting assistance with quitting. For more information about smoking, or support with quitting, call 13 QUIT (13 7848) and ask to speak to a Quitline counsellor. They have lots of experience in helping people to quit and are available 7 days a week.

Visit www.health.qld.gov.au/quitsmoking



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

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Ready to quit smoking?



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About the Quitline

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.

The Quitline has been helping smokers for many years. Quitline also provides information and advice to people who may not be ready to quit smoking.

Tailored Support

Callers to the Quitline 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.

About Quitline Counsellors

The role of a Quitline Counsellor is to provide advice and support to people who are ready to quit smoking, to give them the best chance of succeeding.

Counsellors focus on the reasons why people smoke, not why they shouldn't – so callers are not given a 'health lecture'.



Quitline Counsellors can:

- provide information and advice about quitting including self-help resources
- assess a smoker's level of nicotine dependence
- help develop strategies to prepare to quit such as develop a quit plan and set a quit date
- determine habits and routines around smoking
- discuss motivations for and barriers to smoking cessation
- provide advice on products to help with quitting
- support with staying a non-smoker such as providing tips for managing cravings
- provide information and advice to the families of people who smoke on how they can help a loved one to quit
- offer ongoing support during the quitting process.

“Helping people to make one of the most positive lifestyle changes they can make, is what I enjoy most about my work as a Quitline Counsellor.”

The Quitline 13 QUIT is available to all Queenslanders at the cost of a local call.* 13 QUIT (13 7848) can provide information, resources and support with quitting 7 days a week.

For smokers interested in quitting

If you are interested in quitting or would just like information, call 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.

You can also request a call back from a counsellor online, visit www.health.qld.gov.au/quitsmoking

For health professionals with clients who smoke

There is clear evidence that brief advice about quitting smoking from general practitioners and other health professionals such as nurses, pharmacists and dentists, helps clients actively think about their smoking and may prompt them to quit. Linking these clients with evidence based strategies such as pharmacotherapy, active follow up, and referral to Quitline 13 QUIT (13 7848) more than doubles a smokers chances of quitting smoking successfully.

Any health professional can refer their client to 13 QUIT by:

- completing the Quitline referral form and faxing to Quitline on 07 3259 8217
- completing the Quitline referral form online and emailing to 13QUIT@health.qld.gov.au
- submitting an online referral.

All forms are available at www.health.qld.gov.au/quitsmoking

**Quitline is the cost of a local call from anywhere in Queensland, with higher call costs for mobile phones.*