

137 848

Cost of a local call
(mobiles extra)

Call the NSW Quitline today

HELPING YOU BECOME SMOKE FREE

What is the NSW Quitline?

The **NSW Quitline** is a free, confidential telephone service designed to help smokers to quit smoking.

The **NSW Quitline** is open 24 hours day, 7 days a week for recorded information and to order a Quit Kit.

ASK TO TALK TO A TRAINED COUNSELLOR.

Monday to Friday: 7am-11pm
Saturday & Sunday: 9am-5pm

Outside these hours, you may leave a recorded message for a counsellor to call you.

An interpreter service is available.

The **NSW Quitline** can also assist friends and family requesting information about smoking.

What is the Quit Kit?

When you first call the **NSW Quitline** you will be offered a Quit Kit. This has been developed to show why your decision to quit smoking is the best choice for you and those around you. The kit provides plenty of ideas on how to quit and stay a non smoker.

ASK TO TALK TO A COUNSELLOR AS WELL.

Other Quitting tools

The National Tobacco Campaign
www.quitnow.info.au

The Quit Coach
www.thequitcoach.org.au

A free interactive website that asks a series of questions about your smoking and gives advice about quitting tailored to your situation.

Who are the NSW Quitline counsellors?

The **NSW Quitline** counsellors are specialists who have been trained in health, education, psychology and smoking cessation.

How do they help you quit?

NSW Quitline counsellors know the health effects of smoking, understand the quitting process and are aware of the difficulties many smokers face in quitting.

They are friendly, helpful, non-judgemental and able to assist you at whatever stage you are in the quitting process. For example, perhaps you are not interested in quitting now but would like to think about it. Or, if you are ready to quit right away, the counsellors can support you at the stage you are at.

Counsellors can:

- Give you advice about becoming smoke free.
- Help you assess your level of dependence.
- Provide strategies on preparing to quit, preventing relapse and staying smoke free.
- Provide information on products and services to help you quit.

You can arrange with the counsellors to call you back at regular intervals for up to 6 follow up calls that are tailored to suit your needs.


NORTHERN RIVERS
DIVISION OF GENERAL PRACTICE
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24 hours a day