

Quitline  
**13 7848**

*We can call you!*  
*SMS "Quit" along with your*  
*'name' to 0447 957 230.*

*(Aboriginal & Torres Strait Islander people only)*

[quittas.org.au](http://quittas.org.au)

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**How to  
quit or  
cut down  
your  
smokes**

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