

Quitline Counsellors

Quitline is a confidential telephone counselling service. When you call Quitline you speak with a professional counsellor, trained to support you wherever you may be on your quitting smoking journey.

Quitline counsellors understand that quitting can be tough and will not judge you. They know it might take a while for you to find the right way to quit – but they'll continue to support you on your journey to successfully becoming a non-smoker.



Quitline 13 7848

or text 0477 765 007 for a callback

The following people can also offer quit support:

- Doctor or GP
- Nurse
- Pharmacist
- Aboriginal Health Practitioner / Worker
- Tackling Indigenous Smoking Educator
- Family and friends



AHCWA

In association with
Aboriginal Health Council
of Western Australia



Government of **Western Australia**
Department of Health

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Quitline Aboriginal Liaison Team

Quitline support





Offer support at every step of the way on your journey to becoming a non-smoker

You can ask to speak with an Aboriginal counsellor if preferred



Yarn about nicotine replacement therapy options and give information about quitting medications

Empower you to develop your own quit plan

How Quitline counsellors can support you



Yarn about tips and strategies to manage cravings

Help you make a family quit plan



Offer confidential information and advice



Text 0477 765 007 to have a counsellor call you back

Help you imagine your life without tobacco

