

Quitline is a confidential 24/7 telephone service. This means you can call Quitline anytime and choose to speak with a professional counsellor.



Quitline counsellors are trained to support people who are cutting down or quitting smoking. Quitline counsellors understand that quitting smoking can be tough, and they will not judge you. They know it can take a few attempts to find the way to quit. Quitline will keep working with you to find the way to quit that works for you.



If you're thinking about **quitting or cutting down** on smokes there are a lot of people who could help you with this

- Doctor or GP
- Nurse
- Chemist
- AMS Health Worker
- Tobacco Cessation Worker
- Other people who have quit
- Family and friends
- Quitline counsellor

Quitline is a 24 hour confidential service. Quitline counsellors are very experienced in helping people stop or reduce their smoking. They understand quitting can be tough, and it may take a few attempts to find the right way for you.

Local Contact:



Quitline 13 7848



Government of Western Australia
Drug and Alcohol Office

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Did you know about Quitline?

How Quitline counsellors can support you

Provide you with tips and strategies on how to quit and help you make a plan

Provide you with resources

Give you information about quit medications



Link you up with tackling smoking and health workers in your area

Help develop a Quit plan for your whole family



Link you up with Quit groups



Help you with tips to manage withdrawal and cravings

Call you back to see how you're doing and offer support

