

# Did you know that our staff can help you quit smoking?



## The staff at your local mental health service can:

- ✓ **Help you understand** how smoking impacts your mental health recovery
- ✓ **Help you access cheaper stop smoking medications**  
(for example nicotine replacement therapy)
- ✓ **Discuss your options** for tailored support, including referring you to a specialist quitting service such as Quitline.

Talk to our staff about your options today or give  
 Quitline 13 7848 a call for a free confidential chat.