

To uit the smokes and vapes:

Drink water!

Don't be
shame, share
your story



Get deadly
and creative

Connect to
Country



uitline®

If I need help to quit the smokes or vapes, I can:

Yarn with an Aboriginal Quitline counsellor

- Call 13 7848
- Book a callback online
- Use webchat



Talk to my doctor or health worker

- Get a referral to AQL
- Ask about NRT and the Closing the Gap Scheme

aql.org.au



Design elements from artwork
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