

To uit the smokes and vapes use STAR:



Set a quit date

Tell people you're quitting

Anticipate cravings

Remove smoking or vaping products



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



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