

Did you know that when you stop smoking you are more likely to:



Feel less anxious and depressed



Require less medication
(under a doctor's supervision)



Have more cash in your pocket



Feel less stressed and have
a positive outlook

Stopping smoking can benefit your mental health recovery.
Talk to your care team or Quitline (13 7848) for tips to quit.



Quitline 13 7848

Cancer Council NSW would like to thank Quit Victoria, NorthWestern Mental Health, Orygen Youth Health and EACH for allowing us to adapt and reproduce this resource.



Cancer Council
Tackling Tobacco