

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

Have less financial stress

Feel less anxious and depressed

Have a positive outlook and improved quality of life

Be abstinent from alcohol and other drugs

Require less medication

Stopping smoking can have significant benefits to mental health recovery.

Have you talked to your consumers about the benefits of quitting?



**Quitline 137848**

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**Cancer Council**  
Tackling Tobacco