

**How much cash  
will you save  
if you stop  
smoking?**



**Quitline 137848**

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

# QUIT FOR CASH

For a pack-a-day  
smoker, stopping  
smoking could  
mean an extra:



Transportation for  
a month



A ticket to a concert



Shopping



A tablet or smartphone



A relaxing holiday



Gym membership for a year



Six months' rent



Enrol in a course



A second-hand car

**\$180**  
a week

**\$730**  
a month

**\$9500**  
a year