

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 on life

Stopping smoking can benefit your mental health recovery.

**For tips on quitting, talk to your support team or call
Quitline on 13 7848 (13 QUIT).**



Aboriginal Respect Symbol.
Designed by Marcus Lee Design
for Cancer Council NSW.

Quitline 13 7848

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Cancer Council
Tackling Tobacco