

# To help with cravings after you've quit, try the 4Ds



**Delay** for at least five minutes, the urge will pass



**Deep breathe** slowly



**Do something else** to keep your hands busy



**Drink water** to take time out, sip slowly

[quit.org.au](https://quit.org.au)

 **Quitline 13 7848**

# If I need help to quit smoking or vaping, I can:

- Contact Quitline:
  - › Call **13 7848**
  - › Ask Quitline to call me back for free at **[quit.org.au/callback](https://quit.org.au/callback)**
- Talk about quitting with my doctor, pharmacist or other health professional
- Go to **[quit.org.au](https://quit.org.au)** for quick tips, tools and resources on quitting



Scan the QR code or visit

**[quit.org.au/quitline](https://quit.org.au/quitline)**

There are more ways to contact Quitline including **webchat, WhatsApp** and **Messenger**

**[quit.org.au](https://quit.org.au)**

