

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**

quit.org.au

