

Did you know that our staff can help you quit smoking?



The staff at your local community and social service can:

- ✓ **Help you understand** how smoking impacts your overall health, finances and social wellbeing
- ✓ **Help you access cheaper stop smoking medications** (for example nicotine replacement therapy)
- ✓ **Discuss your options** for tailored support, including referring you to a specialist quitting service such as Quitline.

Talk to our staff about your options today or give **Quitline 137848** a call for a free confidential chat.