



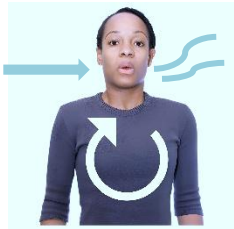
What to do when you get cravings when you are quitting!



When you stop smoking or vaping it is called quitting.
Quitting can be hard.



Some people might get **cravings** to smoke or vape.
Cravings are a strong feeling in your body, like when you really want to do something again.



Here are some ways to help you when you get a craving:

1. take a big breath in and then breathe out slowly.
 - do this three times.



2. wait a little bit and the craving will go away soon.



3. do something else to keep yourself busy.



4. drink some water slowly.

Doing these things can help you:

- keep your mind and mouth busy when you have a craving
- to stop smoking and vaping.





Go to the Quitline website: quit.org.au

Call Quitline: 13 7848



It can take a few tries to quit smoking or vaping.

It is important to keep trying.

Every time you try to stop smoking or vaping, you learn what helps you with your cravings.

This helps you when you try to quit again.

If you need help when you have cravings, Quitline can give you ideas about what to do.



You can phone Quitline on 13 7848



If you do not speak English you can ask for an interpreter.

You can say:

- I need to talk to someone who speaks my language.

Quitline will get an interpreter to help you on the phone.



You can scan this QR code to watch a short video.

The video is about talking to Quitline in your language.

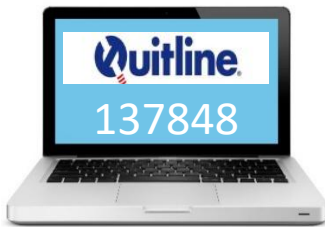


You can also talk to people who will help you find the best way to stop smoking or vaping.

These people are a:



- doctor
- nurse or
- **pharmacist.** A pharmacist is a person who works at a chemist to give out the medication.



You can also visit quit.org.au for more information.

There is written information in other languages.



To listen to information in your language, click the

Recite Me button on our website.

Our website is: www.quit.org.au

A partnership between:



Easy Read Ph: 9416 4003 www.valid.org.au



Images may not be reused