

**Quitting is hard.
Not quitting, is harder.**



QUITLINE
1800 438 2000

We won't tell you smoking is a harmful habit. After all, you already know that. We won't tell you quitting is hard. You know that too. But we think you need to know it gets much harder when you don't quit. Almost every smoker thinks about quitting – it's time you acted on it. Our Quit Advisors will provide you with practical tips and a listening ear.
Save your life, call 1800 438 2000

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