

Did you know that when you stop smoking you are more likely to:

Feel less anxious and depressed



Have more cash in your pocket



Require less medication (under a doctor's supervision)



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**