

To help with cravings after  
you've quit **try the 4Ds**

 **Quitline**<sup>®</sup>  
**137848**

- Delay** for at least five minutes, the urge will pass
- Deep breathe** slowly and deeply
- Do something else** to keep your hands busy
- Drink water** to take 'time out', sip slowly

# If I need help to **stop smoking**, I can:

- Ring **Quitline 13 7848** for tailored support, advice and information
- Join the **free Quitline telephone callback service** by texting 'call back' to 13 7848 or go to [quit.org.au](http://quit.org.au)
- **Discuss my smoking** with my doctor, pharmacist or other health professional
- Go to [quit.org.au](http://quit.org.au) or [quitcoach.org.au](http://quitcoach.org.au) for quick tips, tools and resources on quitting
- Get **SMS support** with **QuitTxt** at [quit.org.au/quittxt](http://quit.org.au/quittxt)