



Have you thought about quitting smoking?

If you are a smoker, one of the best things that you can do for yourself and your family is to quit. Quitting can be hard, but you don't have to do it alone - there is support available in the Wheatbelt.

No matter how long you have smoked, quitting will have immediate and long term benefits on your health. It will also benefit the health of your family and friends and save you money!

Smokers in the Wheatbelt have access to a program which offers support and hope to those who want to quit.

The Wheatbelt Quit Smoking program offers:

- Individual or group support;
- Quit medication advice; and
- Motivational text or email messages.

The program is FREE and provides information and resources on issues such as nicotine addiction, managing withdrawal symptoms, weight control and coping with difficult situations without a cigarette.

Wheatbelt Quit Smoking Program facilitators work across the Wheatbelt providing FREE support. Contact 9622 4320 to get local support to help you quit.

Alternatively you can contact the state wide quit support service Quitline call 13 78 48.