THANK YOU FOR NOT SMOKING

RESIST THE URGE BY:



DELAYING

Delay for 1-2 minutes and the urge will pass



DRINKING WATER

Sip it slowly



DEEP BREATHING

Take three slow, deep breaths of fresh air



DOING SOMETHING ELSE

To take your mind off smoking





THANK YOU FOR NOT **SMOKING** WE CARE FOR YOUR

HEALTH AND OTHERS

If you'd like to start your journey to quit smoking and/or vaping, speak to a member of our staff or call 13 7848 or text 'call back' to 0482 090 634 to speak with a Quitline counsellor. They'd love to help.



MAKE SMOKING

THIS IS A FRESH AIR SITE





If you'd like to start your journey to quit smoking and/or vaping, speak to a member of our staff or call 13 7848 or text 'call back' to 0482 090 634 to speak with a Quitline counsellor. They'd love to help.



MAKE SMOKING HISTORY

THIS IS A **SMOKE-FREE** SITE

THANK YOU FOR RESPECTING OUR POLICY

If you'd like to start your journey to quit smoking and/or vaping, speak to a member of our staff or call 13 7848 or text 'call back' to 0482 090 634 to speak with a Quitline counsellor. They'd love to help.

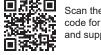


MAKE SMOKING HISTORY®

TOBACCO IS VERY EXPENSIVE



HAVE YOU THOUGHT ABOUT MAKING A QUIT ATTEMPT?





WE CARE FOR YOUR HEALTH

HAVE YOU THOUGHT ABOUT MAKING A QUIT ATTEMPT?

If you'd like to start your journey to quit smoking and/or vaping, speak to a member of our staff or call 13 7848 or text 'call back' to 0482 090 634 to speak with a Quitline counsellor. They'd love to help.



MAKE SMOKING HISTORY®

WELCOME, THIS IS A FRESH AIR SITE THANK YOU FOR

NOT SMOKING







RESPECTING OUR POLICY





WE'RE WORKING TOWARDS BEING SMOKE-FREE



THANK YOU FOR NOT SMOKING



