

ENJOY FRESH AIR HERE



THANK YOU FOR NOT SMOKING OR VAPING

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



Scan the QR
code for more tips
and support.

MAKE SMOKING
HISTORY 

THANK YOU FOR NOT SMOKING OR VAPING



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 or vaping

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



Scan the QR
code for more tips
and support.

MAKE SMOKING
HISTORY

THANK YOU FOR NOT SMOKING OR VAPING



WE CARE FOR YOUR
HEALTH AND OTHERS

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



Scan the QR
code for more tips
and support.

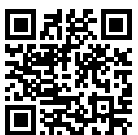
MAKE SMOKING
HISTORY 

THIS IS A SMOKE AND VAPE-FREE SITE



THANK YOU FOR
RESPECTING OUR POLICY

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



Scan the QR
code for more tips
and support.

MAKE SMOKING
HISTORY 

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 your GP or call 13 7848 or text 'call back' to 0482 090 634 to speak with a Quitline counsellor. They'd love to help.



Scan the QR
code for more tips
and support.

MAKE SMOKING
HISTORY 

WELCOME, THIS AREA IS SMOKE AND VAPE-FREE



THANK YOU FOR
RESPECTING OUR POLICY

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



Scan the QR
code for more tips
and support.

MAKE SMOKING
HISTORY 

WELCOME, WE ENJOY FRESH AIR HERE



THANK YOU FOR NOT SMOKING OR VAPING

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



Scan the QR
code for more tips
and support.

MAKE SMOKING
HISTORY 

WE'RE WORKING TOWARDS BEING SMOKE AND VAPE-FREE



THANK YOU FOR
NOT SMOKING OR VAPING

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



Scan the QR
code for more tips
and support.

MAKE SMOKING
HISTORY 