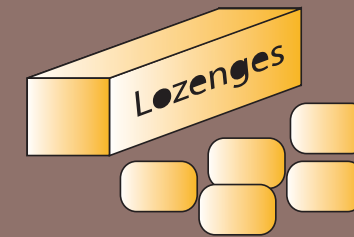


# Ways to quit

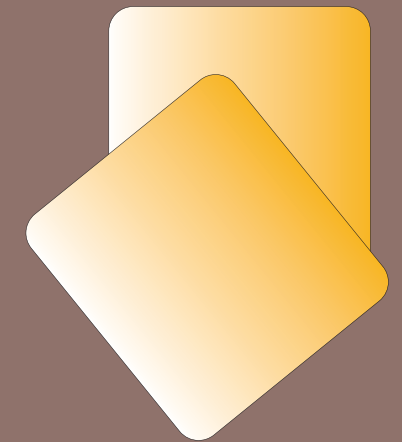
- People don't have to quit on their own, there are many things that can help them quit smoking. It is important to work out which one works best for you.
- Health workers or tobacco workers can help smokers work out the best way to help them quit, and give support.
- These are some of the main **ways to quit**:
  - **Cold turkey**: quitting smoking suddenly without getting help.
  - **Nicotine Replacement Therapy (NRT)**: different types of medicine that feed the brain nicotine for a short time to help with the cravings while getting off the smokes. Different types of NRTs are patches, chewing gum, lozenges, tablets or an inhaler.
  - **Quitline (Call 131 848)**: this is a telephone coaching service that offers help when smokers are finding it hard to stay off the smokes.
  - **Quit as a group**: finding other people who want to quit and doing it together, to support each other during the withdrawal and cravings.
  - **Hypnosis**: a type of treatment where a trained hypnotist can work deeply with your beliefs to help you think and act like a non-smoker.
  - **Acupuncture**: a treatment that has helped many people quit smoking using very small needles that act on different parts of the body and mind.
  - **Quit text message services**: receiving free text messages on your mobile phone to provide support during quitting.
  - **Cutting back**: smoking less and less each day may help some people work towards quitting.



Nicotine gum



Quit Line  
131 848



Patches

