

# Quit on Q



## Love to txt? Need to Quit? Try **Quit on Q**

Sending a text is now an everyday activity for so many of us, so why not use your mobile phone to help you quit smoking?

**Quitline** has a SMS messaging program that sends several free text messages each day to help you through the process of quitting smoking – and the best part is that you are in control. You can tailor the program to suit your particular quitting situation.

The program caters for a range of challenging quitting situations and automatically sends messages to inspire and support you, depending on your individual needs.

Text **Q** to let the program know that you have quit on that day or text **R** if you have returned to smoking. If you are stressed and struggling with cravings, just text **STRESS**, or if you are feeling bored and craving a cigarette, text **BORED**. If you would like to talk to a Quitline counsellor, text **QUITLINE**.

Messages start as soon as you sign up and continue for around a month or until you instruct the program to stop by texting **STOP**.

To sign up for Quit on Q, call **Quitline 13 7848** and ask to speak to a counsellor or visit [www.quitsa.org.au](http://www.quitsa.org.au) and sign up yourself.



## Why use Quit on Q?

- Support whenever and wherever you need it.
- Regular reminders are a proven method to help you stay motivated and on track.
- This is a **free support program**, designed by people who understand the quit process.

### Request help when you need it, after your quit date

**sms** one of the following codes to receive an instant reply:

- |                 |   |
|-----------------|---|
| <b>STRESS</b>   | If you are stressed or feeling bad.                   |
| <b>SOCIAL</b>   | If you are having trouble in a social situation.      |
| <b>BORED</b>    | If you are feeling bored and want to smoke.           |
| <b>MISS</b>     | If you are missing smoking.                           |
| <b>TEMPT</b>    | If you are tempted to smoke for any other reason.     |
| <b>SLIP</b>     | If you smoke at all (even a puff) while you are quit. |
| <b>QUITLINE</b> | To receive a phone call from Quitline.                |

[www.quitsa.org.au/quitonq](http://www.quitsa.org.au/quitonq)

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