



BREAK THE HABIT

CALL THE CHINESE QUITLINE TO HELP YOU QUIT SMOKING

Stopping smoking is never easy.

Get help by ringing the **Chinese Quitline**.

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Call 1300 7848 36 and speak with a professionally trained Chinese speaking Advisor.

They will provide free, confidential support and help you plan your quit smoking journey.

Research* has shown that smokers who combine Nicotine Replacement Therapies (NRTs) such as gum or patches AND professional advice increased their chances of quitting smoking permanently.

Call now and speak with a professionally trained Chinese speaking advisor to help you break the habit.

 **Quitline** 1300 7848 36
免費中文專業輔導協助你戒煙