

# Support to help you quit smoking and vaping

**As part of the 'Pathways to Cessation' program, Queensland Health is providing parents, carers, and siblings\* of students enrolled at this school access to a free quit support program delivered by the Queensland Quitline service.**

## What is the program?

- The program combines quit smoking and/or vaping support (delivered by a trained health professional over the phone) with **free** nicotine replacement products such as patches, gum, or lozenges.

## How does the program work?

- Complete the referral form and send this via email or print the form and fax to Quitline (number is on the bottom of the form).
- When the referral form has been received, Quitline will send you a text message to confirm that they will contact you within a few business days. A text will be sent to you approximately 24 hours before they make the first call.
- During the first call, the Quitline health professional will chat with you about your smoking and/or vaping history, past quit attempts, discuss a quit plan that could include using nicotine replacement products to reduce withdrawal symptoms and cravings. The staff at Quitline are non-judgemental and caring, and are there to support you to successfully quit.
- If you choose to use nicotine replacement products to help you quit, they will be posted to the address you provide to Quitline.
- All conversations between you and Quitline staff are confidential.
- Participation in the program is voluntary – you can exit the program at any time.
- Calls from Quitline will appear as a '**private number**' on your phone. If you are unable to take the call, Quitline will leave a message (unless you've requested otherwise).

**The Quitline Service is based in Queensland. The health professionals working there are very experienced in helping people quit smoking and vaping. There is even a dedicated team of Aboriginal and Torres Strait Islander staff, both men and women, ready to support you through your quit journey.**

**If you'd like to find out more about Quitline, watch the short 'What to expect from Quitline' video @ <https://www.quitline.qld.gov.au/how-to-quit/get-help-from-quitline>**

**Quitline staff are available Monday to Friday from 8:00am to 9:00pm, and Saturday and Sunday from 8:30am – 5:00pm**

\*Siblings of students are eligible if they reside in the same residence as the student.