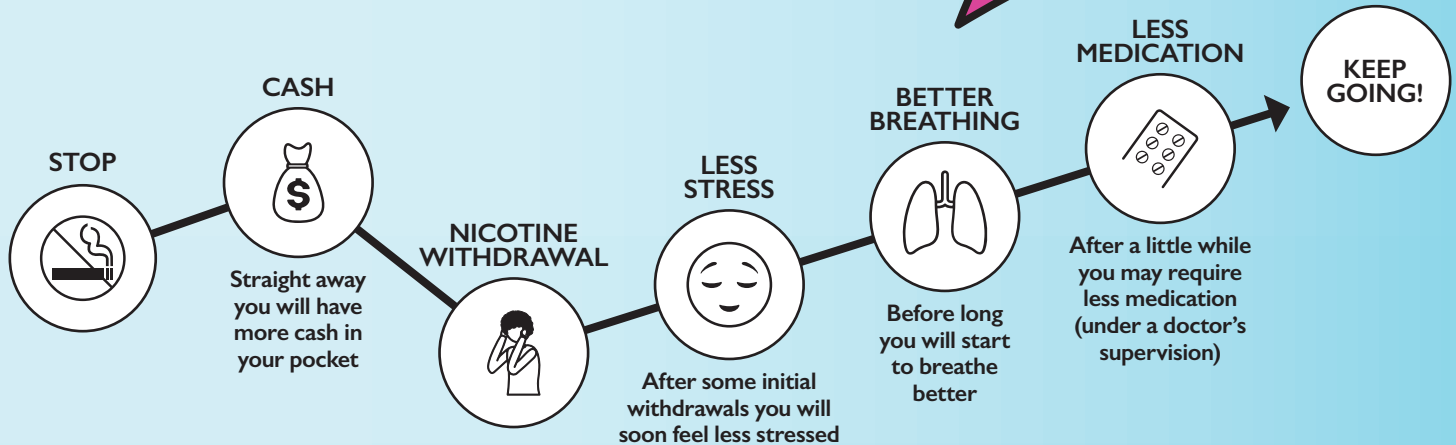


# Did you know that when you stop smoking...

SMOKING AND MENTAL ILLNESS

LET'S START A CONVERSATION



# Stopping smoking can benefit your mental health

**GET THE SUPPORT YOU NEED TO STOP SMOKING**



**Quitline®**  
**13 7848**

- Doctor
- Health worker
- Support worker
- Pharmacist
- Another member of your care team