



Quitline is a statewide confidential telephone service dedicated to supporting Queenslanders to quit smoking.

Available seven days a week, Quitline offers friendly support, proven advice and expertise in quitting.

If you are interested in quitting or would just like some information, call Quitline on 13 7848*.

You can also request a call back from a counsellor online by visiting www.qld.gov.au/quithq

*Quitline is the cost of a local call from anywhere in Queensland, with higher call costs for mobile phones.

How is my information handled?

Queensland Health is subject to privacy and confidentiality legislation which sets standards for how we handle your personal information. To protect your privacy, Queensland Health is required to comply with the Privacy Principles which are contained in the *Information Privacy Act 2009* (QLD), in particular, the National Privacy Principles. These principles include rules about collection, use, quality, security and disclosure of personal information. Queensland Health staff are also bound by a strict legal duty to confidentiality in *Part 7 of the Hospital and Health Boards Act 2011*.

For more information about how Queensland Health manages your personal information please visit: www.health.qld.gov.au/system-governance/records-privacy/health-personal

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Quitline 13 7848

For a tailored approach to help you quit for good.

Further information
www.qld.gov.au/quithq

Are you thinking about quitting smoking?



For smokers interested in quitting

Support from Quitline, combined with the use of nicotine replacement therapy (such as patches, gum and lozenges), will give you the best chance of quitting.

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Tailored support

Callers to Quitline have access to translation services.

Quitline also has a dedicated team of Aboriginal and Torres Strait Islander counsellors ready to have a yarn about quitting smoking.

Tailored information and assistance is also available for pregnant women, their partners and women planning a pregnancy in the next six months.

About Quitline counsellors

The role of a Quitline counsellor is to provide advice and support to people who are thinking about quitting, so they have the best chance of succeeding.

Counsellors focus on the reasons why people smoke, not why they shouldn't, so callers are not given a 'health lecture'.

Quitline counsellors can:

- work with you to develop a personalised quit plan
- provide you with ongoing support during the quitting process
- chat about products to help you quit, like nicotine replacement therapy and medications
- discuss how to manage cravings or withdrawals, as well as any difficulties you may be having
- answer your questions about smoking and quitting
- send you useful resources via email, post or SMS
- provide information and advice to families of people who smoke on how they can help a loved one to quit.

For health professionals with clients who smoke

There is clear evidence that brief advice about quitting smoking from general practitioners and other health professionals, such as nurses, pharmacists and dentists, helps clients actively think about their smoking and may prompt them to quit.

Referring these clients to Quitline and engaging them in evidence-based strategies, such as pharmacotherapy more than doubles their chances of quitting smoking successfully. General practitioners can prescribe medication to assist their clients to quit smoking.

Any health professional can refer their client to Quitline by:

- supporting them to call the Quitline 13 7848
- completing the Quitline referral form and faxing to Quitline on (07) 3259 8217
- completing the Quitline referral form online and emailing 13QUIT@health.qld.gov.au
- submitting an online referral.

All forms are available at: www.qld.gov.au/quithq

