

Additional codes

STOP To stop getting messages – if you send any message after this, the program will resume sending you messages.

FAULT If there is something wrong with the program – we may phone you for more information.

UNDO To cancel your previous message.

Go to www.quitsa.org.au/QuitonQ if you want to change your preferences or get more info on how to use the program.

Quit on Q used with kind permission from Cancer Council Victoria.
Software and hosting by QuestMetrics Pty Ltd.

Just **sms** codes to
0427 842 602
for support
and to tell us
when things
change.



Tell us when things change

- sms D** When you set a quit date – followed by the number of days till you will stop (for example **D1** if you will quit tomorrow).
- sms ND** If you had set a date, but now have decided not to quit.
- sms Q** When you quit (add the number of days ago, if you forgot to send **Q** on the day).
- sms R** If you return to smoking (end your quit attempt).

Request help when you need it

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

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

