



How to text Quit on Q



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.

This is our number, but just reply to any messages we have sent.

To use if the program doesn't work as it should. Hopefully, this won't happen.

Major changes in your progress you should txt about.

More examples: D0 (zero) if later today; D12 if in 12 days.

To get a number when texting, hold the appropriate button down until the letter turns into a number.

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.



Use one of these when you are having problems staying quit.

Unfortunately, the program can't understand other messages. It also cannot respond to multiple messages at once.

is designed to help keep you focused on your quit attempt.

The program sends you several free text messages each day. These messages are designed to help you through the process of quitting smoking.

When you get a text message:

- think about what it says, and try any suggestions
- if you are sure it doesn't apply to you, ignore it.

When your situation changes:

- remember to let the program know—text the appropriate code if you set a quit date, actually quit, relapse or give up on quitting (the codes to send are on the card, and over the page)
- the type of messages you get will change as your situation changes.

When you are having problems:

- use one of the codes to get immediate support.

Adjusting your message frequency

There are three schedules of message frequency.

- The **Standard schedule** sends 2 – 8 messages per day. It peaks at times of changes in your status, e.g. when you set a quit date, around your quit date, and following relapse (if it happens). We recommend you choose this schedule.

We also offer two reduced schedules:

- **Reduced** (between 2 – 6 messages per day)
- **Light** (between 1 – 4 messages per day).

If you think you're getting too many or too few messages, you can change the schedule you are on by visiting the website www.quitsa.org.au/QuitonQ and logging in using your username and password.

On the website, you can also change the times you have nominated for your first and last messages of the day.

To stop the messages:

- If you no longer want to receive any messages, simply sms 'STOP'.