

How to use QuitTxt

SIGN UP

You've probably done this already, but to start getting regular texts from QuitTxt, you first need to sign up. It only takes a few mins. Go to Quit.org.au/quittxt.

Major changes in your progress you should text about.

TELL US WHEN THINGS CHANGE

When your situation changes, the messages you get from QuitTxt will also change. Text the following codes to QuitTxt to receive advice:

- D** When you set a quit date – followed by the number of days until you stop (e.g. D1 if you will quit tomorrow; D0 (zero) if later today; D12 if in twelve days).
- Q** When you quit. If you forgot to send **Q** on your quit day, add the number of days ago e.g. **Q2** if two days ago.
- ND** If you had set a date, but have now decided not to quit yet.
- R** If you return to smoking (if you end your quit attempt).

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

REQUEST HELP WHEN YOU NEED IT (FOR AN INSTANT REPLY)

At any time you can request extra advice by texting the help codes below:

- 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.

TROUBLESHOOTING

- STOP** To stop getting messages (if you send any message after this, the program will resume).
- FAULT** If there is something wrong with the program.

QuitTxt cannot understand other messages other than the codes above. Also, it cannot respond to multiple messages at once.

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

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



EXAMPLES OF QUITTXT

When you set a quit date:

Congratulations on committing yourself to quitting! You've taken the first big step towards controlling your addiction and enjoying a healthy, smokefree future.

Early days of being quit:

Your first weekend is coming. Prepare your strategies to cope with social situations. Avoid your smoker friends on the weekend.