

# 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](http://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.