

# Positively Quitting...

You'll be glad  
you did



Quitting smoking might not be easy,  
so we have some support in mind to help you.

Talk to your HIV clinic about the range of  
treatments and therapies to help.

Further information and support is also available  
from Queensland Positive People.

**Phone: (07) 3013 5555 or 1800 636 241 (toll free)**

**Email: [info@qpp.org.au](mailto:info@qpp.org.au)**

**Web: [www.qpp.net.au](http://www.qpp.net.au)**