

## HELPFUL RESOURCES

### About Tobacco Cigarettes and Smoking

**What's in cigarettes** (downloads a PDF)

[https://www.quit.org.au/documents/33/201704\\_FS\\_Whats\\_in\\_cigarettes.pdf](https://www.quit.org.au/documents/33/201704_FS_Whats_in_cigarettes.pdf)

**Roll Your Own cigarettes** (downloads a PDF)

[https://www.quit.org.au/documents/26/201705\\_FS\\_Roll-your-own\\_herbal\\_kreteks\\_bidis\\_cannabis.pdf](https://www.quit.org.au/documents/26/201705_FS_Roll-your-own_herbal_kreteks_bidis_cannabis.pdf)

**How smoking makes stress worse**

<https://www.quit.org.au/articles/how-smoking-makes-stress-worse/>

**Understanding emotional triggers**

<https://www.quit.org.au/articles/understanding-emotional-triggers/>

**What if other smokers don't want me to quit?**

<https://www.quit.org.au/articles/what-if-other-smokers-dont-want-me-to-quit/>

**Quit and save** (downloads a PDF)

[https://www.quit.org.au/documents/88/AQ745\\_Quit-and-Save\\_6pp\\_DL\\_FA-online.pdf](https://www.quit.org.au/documents/88/AQ745_Quit-and-Save_6pp_DL_FA-online.pdf)

**Secondhand smoke and your children** (downloads a PDF)

<https://www.quit.org.au/documents/52/secondhand-smoke-your-children.pdf>

**Secondhand smoke** (downloads a PDF)

[https://www.quit.org.au/documents/298/201902\\_FS\\_Secondhand\\_smoke.pdf](https://www.quit.org.au/documents/298/201902_FS_Secondhand_smoke.pdf)

**Smoking and your eyes** (downloads a PDF)

[https://www.quit.org.au/documents/307/202007\\_FS\\_Smoking\\_and\\_your\\_eyes.pdf](https://www.quit.org.au/documents/307/202007_FS_Smoking_and_your_eyes.pdf)

**Smoking and your mouth** (downloads a PDF)

[https://www.quit.org.au/documents/23/201612\\_FS\\_Smoking\\_and\\_your\\_mouth.pdf](https://www.quit.org.au/documents/23/201612_FS_Smoking_and_your_mouth.pdf)

### About E-cigarettes and Vaping

**Royal Children's Hospital Foundation Child Health Poll on e-cigarettes, vaping and teens**

<https://www.rchfoundation.org.au/2020/02/child-health-poll-on-e-cigarettes-vaping-and-teens/>