

# THE CRITICS' CHOICE

## Helpful Resources

### **What's in cigarettes**

<https://www.quit.org.au/documents/33/whats-in-cigarettes-fact-sheet.pdf>

### **Roll Your Own Cigarettes**

[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**

[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 Brochure**

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

### **Secondhand smoke Fact Sheet**

[https://www.quit.org.au/documents/272/201902\\_FS\\_Secondhand\\_smoke.pdf](https://www.quit.org.au/documents/272/201902_FS_Secondhand_smoke.pdf)

### **Smoking and Pregnancy Fact Sheet**

[https://www.quit.org.au/documents/265/pregnancy-and-smoking-brochure\\_2.pdf](https://www.quit.org.au/documents/265/pregnancy-and-smoking-brochure_2.pdf)

### **Smoking and women's health**

[https://www.quit.org.au/documents/230/201801\\_FS\\_Smoking\\_and\\_womens\\_health.pdf](https://www.quit.org.au/documents/230/201801_FS_Smoking_and_womens_health.pdf)

### **Smoking and your eyes**

<https://www.quit.org.au/documents/34/smoking-and-your-eyes.pdf>

### **Smoking and your mouth**

<https://www.quit.org.au/documents/23/smoking-and-your-mouth.pdf>

### **16 Cancers Campaign website**

<https://16cancers.org.au/>