

CONTACT

Your support
can make a
difference.



People with mental
illness who smoke
can quit by using
nicotine replacement
therapy and receiving
counselling support.

Quitline
13 7848

www.quittas.org.au

Statewide Smoking Cessation Program
(for hospital inpatients and outpatients)

- South
6166 6835
smokingcessation@ths.tas.gov.au
- North
6777 4488
smokingcessationnorth@ths.tas.gov.au
- North West
6478 5251
smokingcessationnw@ths.tas.gov.au

A doctor or pharmacist can support
smoking cessation.



Public Health Services | Department of Health
PO Box 125, Hobart TAS 7001
www.health.tas.gov.au



How do
I talk about
smoking?



Public Health Services
Department of Health



A

ASK

Ask all people if they smoke.

Asking gives a person the opportunity to discuss their smoking.

YOU COULD SAY

“Have you ever smoked?”

“How are you going with your smoking?”

“Have you ever tried to stop smoking before?”



Have you ever smoked?

B

BRIEF ADVICE

Give clear advice on the benefits of being smoke free.

Personalise your advice to what is important for that person.

It can be in as little as 30 seconds.

YOU COULD SAY

“You will start to breathe better if you stop smoking.”

“If you stop you will have more money.”



How about trying some NRT.

C

CESSATION SUPPORT

Offer support, even if a person is not ready to quit.

Recommend nicotine replacement therapy.

Refer to the Quitline.



YOU COULD SAY

“It sounds like you could use some extra help. Would you like to try the Quitline?”

“It sounds like you need more nicotine replacement. We know that combining a patch with nicotine gum, lozenges, inhalers or a spray works better.”

THINGS TO NOTE

- As people with mental illness typically smoke at higher levels, they may need higher doses of combination NRT and for a longer time.
- Smoking tobacco can interfere with some psychotropic medications. Doses may need to be reviewed when someone stops or restarts smoking, or if they change how much they smoke.