



On supporting  
someone to quit:

You're actually helping  
people to change their  
own lives.

LET'S

START

A

CONVERSATION

## LAURA

Laura is the house co-ordinator at a Supported Independent Living home near Hobart.

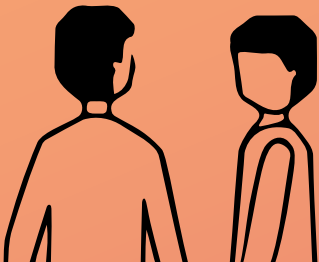
She is determined to break the pattern of peer pressure and chain smoking that can be a barrier to her clients' efforts to give up smoking.

She says her role as a support worker is to build a rapport and have a continuing conversation with clients about quitting. If they have a relapse, Laura encourages them to keep on trying to stop smoking.



**Quitline**<sup>®</sup>  
**13 7848**

**GET THE SUPPORT YOU NEED TO STOP SMOKING**



Talk to your:

- Doctor
- Health worker
- Support worker
- Pharmacist
- Another member of your care team



Tasmanian  
Government