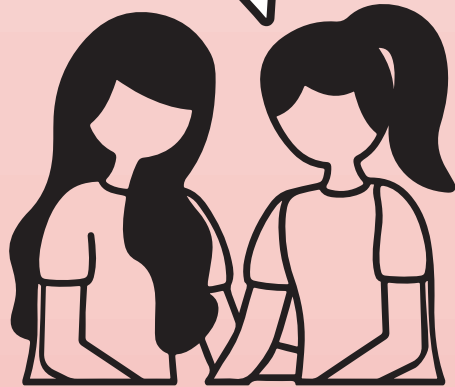


CONTACT

Your support
can make a
difference.



Research shows
that for every
33 conversations a
health professional
has with clients
about smoking,
one will result in
a client quitting.

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



Why should
I talk about
smoking?



Public Health Services
Department of Health



1

IMPROVE MENTAL HEALTH

MYTH

Smoking helps with managing poor mental health.

FACT

Smoking increases the risk of anxiety and depression. It is also associated with an increased risk of psychosis and suicide.

Stopping smoking for six weeks or more is linked with improved physical and mental health, and an improved quality of life.

People may need less medication.



2

REDUCE STRESS

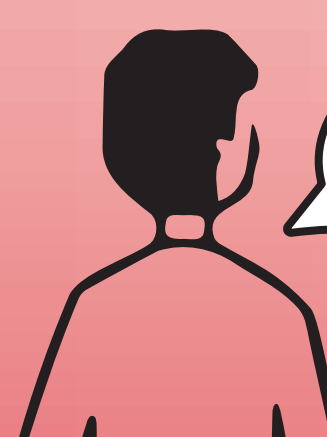
MYTH

Smoking reduces stress.

FACT

Smoking only temporarily relieves nicotine withdrawal symptoms and the stress this causes. It does not relieve any other stress.

Stopping smoking may cause stress in the short term, but over time most people will feel less stressed.



3

IMPROVE HEALTH, SAVE MONEY

MYTH

People with mental illness do not want to quit smoking.

FACT

They do, and have the same reasons for stopping smoking as other people who smoke.

Reasons to stop include improving health, saving money, and wanting to follow the advice of doctors/others.