

Smoking and vaping can have a devastating impact on oral health.



We know that dentists can play an important role in encouraging patients to stop smoking and vaping.

Integrating the ABC brief intervention into routine care – “**A**sk, **B**rief advice, **C**essation support” - can contribute to significant improvements in your patients’ oral and general health and financial wellbeing.

Quitline Tasmania can support your patients to quit smoking and/or vaping. We are a free statewide service run by professional counsellors who are smoking cessation experts. Evidence shows that the most effective way to address nicotine dependence is a combination of pharmacotherapy e.g. Nicotine Replacement Therapy (NRT) and behavioural counselling as provided by a service such as Quitline.

We provide:

- Behavioural support including managing triggers, cravings, withdrawals and relapse
- Tips on correct use of nicotine replacement therapy
- Ongoing support

FREE NRT via the Quitline

Available to those who are:

Youth (12–25 years)
Aboriginal and Torres Strait Islander
Pregnant and/or their partner

If your patients meet this eligibility, it is an excellent time to refer them to Quitline, to increase their chances of successfully quitting and staying quit. Evidence shows that people are more likely to engage with Quitline if referred by a third party.



Refer by
scanning
here



A free Tasmanian service with over 25 years of evidence-based support in smoking cessation.