



Quitline Tasmania update

This seasonal update is intended for health professionals with the aim of informing and supporting your practice around smoking cessation.

Did you know?

Advice from doctors helps people who smoke to quit. When doctors provide brief simple advice about quitting smoking this increases the likelihood that someone who smokes will successfully quit and remain a non-smoker 12 months later.

[RACGP link](#)

What can my patient expect from Quitline?

Quitline Tasmania is one of the programs within Cancer Council Tasmania. Quitline counsellors support people who smoke at any stage of their quitting journey: from thinking about quitting to making a quit attempt and staying quit. Quitline works with people around a range of supports including but not limited to, changing behaviours and thinking about the role smoking has in their life, understanding triggers including stress, understanding and coping with withdrawals, relapse prevention strategies as well as support around nicotine replacement and medication.

- Free, statewide telephone counselling service, based in Hobart.
- Monday - Friday 9am - 5pm and includes evenings by demand.

26% of Quitline users reported to be smoke free at the time of their last call from July 2021 - Dec 2021.

How to refer your patient to Quitline

Referring is easy! Please click the referral form linked below. If you would like any referral forms sent to you, or you have any questions, please contact the Quitline Team Leader, Sue, on 6169 1943 or via email on shearn@cancertas.org.au or just ring Quitline on 13 7848.



Quitline Referral Form

Quitline counsellors

Quitline Tasmania is bound by comprehensive National Minimum Quitline Standards (NMQS) of practice. Standards include qualifications for Quitline counsellors who must have a minimum of a Certificate IV in counselling or similar. Counsellors on our team have varying qualifications from Cert IV up to Master's in Counselling.

Additionally all staff are trained in relevant models of practice such as Motivational Interviewing and more. All staff receive training in smoking cessation and all staff undertake further professional development of at least 15 hours per year.



Something new for your practice and patients?

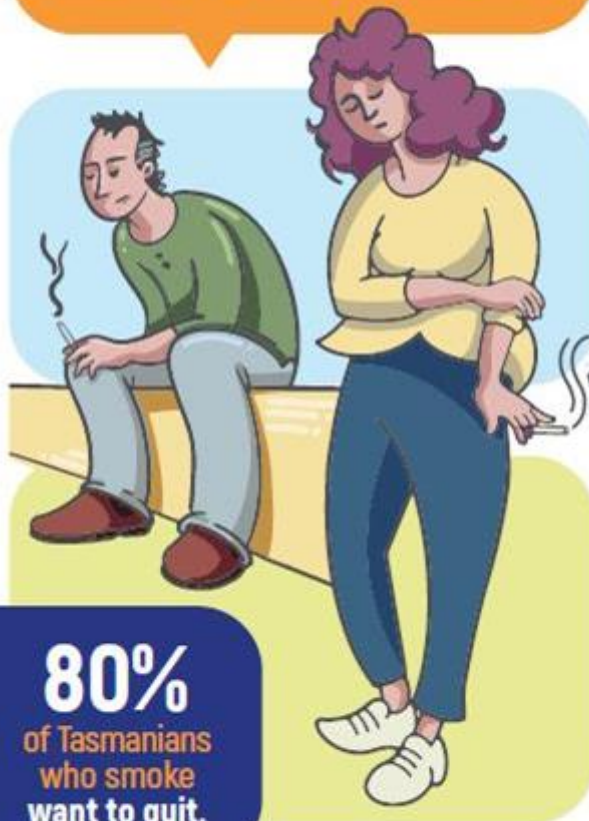
Please order:

Our new simple brochure designed for your waiting room and meant for your patients. (size: double sided, DL or 99mm x 210mm)

Please contact Sue to order on 61691943 or shearn@cancertas.org.au or phone Quitline 137848.

Thinking about quitting?

(or know someone who is?)



80%
of Tasmanians
who smoke
want to quit.

We'll support you to
MAKE IT HAPPEN.



Get support from a **Quitline Counsellor**



Support from a Quitline Counsellor will increase your chance of quitting successfully. Give us a try. It's free and friendly.

<p>Nicotine replacement advice</p> <p>Manage stress</p> <p>Know your triggers</p> <p>Cope with cravings</p> <p>Manage a relapse</p> <p>Stay on track</p>	<p>We listen</p> <p>No lectures</p> <p>No judgement</p> <p>Confidential</p> <p>Quit smoking experts</p> <p>Tasmanian</p>
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Things you can look forward to:



- in 5 DAYS**
remove nicotine from your body
- in 7 DAYS**
get your smell and taste back
- in 30 DAYS**
get your lungs better
- in 1 YEAR**
save up to \$14,000!

quittas.org.au **Quitline 13 7848**

Rob's Story

Rob is 59 and has been smoking between 20-30 cigarettes a day since he was around 20.

Rob's GP has recently taken an interest in Rob quitting smoking even though Rob presented with concerns unrelated to his tobacco use. Rob's GP urged Rob to consider quitting for his overall health. Rob agreed he would as said he was 'sick of it' anyway and wasn't enjoying it. His GP wrote him a prescription for nicotine replacement patches and also asked him to return for a check up to discuss how his quitting was going in one month. He also referred Rob to Quitline.



Rob told Quitline that his motivation to quit was high due to his GP taking an interest Rob quitting and felt more invested in quitting as a result. Rob is currently feeling confident and continues to work with Quitline to stay quit. He said he is looking forward to returning to his GP to tell him he is smoke free.

A GP's expression of interest in their patient quitting can be a powerful motivator

Resource Link

For more information on smoking cessation [visit our website](#).

Any additional enquiries for resources or a visit from us to your service, please contact Sue, Quitline Team Leader on 61691943 or shearn@cancertas.org.au

We acknowledge the Traditional Custodians of the lands on which we work and live, and pay our respects to Elders past, present and emerging.



Quit makes Quite a difference

Quit Tasmania
15 Princes St, Sandy Bay TAS 7005

Thank you for referring your patients to Quitline Tasmania. We
hope this information is useful.

[Unsubscribe](#)