



# HELPING YOUR CLIENTS QUIT

A Guide for Community Service Workers in Tasmania



# HOW TO USE THIS BOOKLET

## to help your clients quit smoking/vaping

This booklet was developed to help you work with your clients on their path to being nicotine free. It doesn't matter where they are on their journey.

**You can work through their individual circumstances, whether they are:**

- getting ready (thinking about their smoking/vaping but not ready to act),
- getting set (planning to give up and ready to do the groundwork to take the next step),
- ready to go (giving up the cigarettes/vapes and working through the initial stages of quitting) or
- keeping on going (staying quit in the longer term).

### DOWNLOAD

Support  
worksheets are  
available as pdf  
downloads from  
[quittas.org.au](http://quittas.org.au)



Wherever possible, refer your clients to Quitline.

# QUITLINE 13 7848

Referral Form





This resource provides examples of questions you can ask your client to assess where in the quit process they are. The questions also allow you to provide tips for help and support.



Offering useful tips and information can help your client reach the next step in their quit journey.



Quitting is easier with support. You can work with your client to identify the support networks that will help them.

Record your initial conversation with your client using the Planning Ahead Sheet. Make a copy for your client.

**Need help?** Quit Tasmania offers free smoking cessation training for workers. Book a session by emailing [admin@quittas.org.au](mailto:admin@quittas.org.au)

# GET READY

## Think about giving up smoking/vaping

It is your choice to be nicotine free. Nobody will make you stop smoking/vaping, but they will support you along the way.



- > How do you feel about your smoking/vaping?
- > Have you tried to quit before?
- > How did it go? What was it like for you?
- > Have you thought about trying again?
- > How did you manage withdrawals last time?
- > What are some of the things that make you want to smoke/vape?
- > Have you thought about the benefits of quitting?



### **Understanding your smoking/vaping will help you get ready to quit.**

Keeping a smoking/vaping diary and writing down when you smoke/vape will help you figure out what triggers your urge to smoke or vape.



Smoking Diary templates are available at [quittas.org.au/resources-for-workers](http://quittas.org.au/resources-for-workers).

## Some things to think about.

- 1 You will save money.
- 2 You will be less stressed over time.
- 3 You will be able to take control back from cigarettes/vapes.
- 4 You will be healthier and exercise more easily.
- 5 You will be a role model to friends and family.



Whether you want to quit or just want some info, you can call Quitline on **13 7848** and they will be happy to talk.



Go online to the Quit Tasmania website **quittas.org.au**



Download the **My QuitBuddy** App

**It's time to get set.**



Try the cost calculator.



Find out why you smoke - quiz



# GET SET

## Planning to quit

Let's make some plans for how you are going to quit.



- > Have you thought about how you are going to quit?
- > How did you do it last time? Cut down first or go cold turkey?
- > Have you thought about using quitting products, such as nicotine replacement therapy (like patches, gum or mouth spray)?
- > What are you going to do to take your mind off cravings?



## Develop a quit plan to help you tackle the quitting process

### Your quit plan might include:

- > Your reasons for quitting,
- > Your methods for quitting,
- > The people who will support you,
- > And when you are going to do it.

### Talk to your GP or pharmacist about products to help you quit.

- > Using products helps you manage withdrawal symptoms and may take the pressure off you so you feel less anxious about quitting.
- > You can safely smoke/vape and use patches as a way of cutting down to quit.
- > If your cravings are very strong, as well as a patch, you can safely use gum, lozenges or mouth spray.



Visit the website for further information on nicotine replacement therapy (NRT).

## Cutting down

- > Plan ahead and work out times of the day when you think you can go without a cigarette/vape.
- > Try a practice day when you don't smoke/vape at all.

## Cravings

Nicotine is addictive and when you first stop smoking/vaping you are likely to feel a strong urge or desire to smoke/vape. The first week can be the hardest as cravings can be frequent and intense. These urges will weaken over time.

Here are some ways to take your mind off cravings:

Do something different: go for a walk, listen to music or call someone you can talk to.

Do something with your hands: play an online game, use the My QuitBuddy app or do a puzzle.



## Talk with someone to help you work out your quit plan.



**Your GP** can tell you about subsidised quitting medications.



**Did you know:** the cost of patches is about \$6 with a concession card and a script from your GP?



Call Quitline **13 7848** to talk about your quit plan



Text Quitline on **0489 077 077** for some advice.



Visit [quittas.org.au](http://quittas.org.au) and use our **LiveChat** service.



Talking with a **friend or family** member can help you get ready to quit smoking/vaping. They can be a support to help you fight cravings.

**Now it's time to go!**

# GO!

## Quitting time

It's time to take action and throw out your cigarettes, vapes, lighters and ashtrays. You're ready to go.



- > How many days have you gone without a cigarette/vape?
- > How are you coping with cravings?
- > What's helping you stay on track?
- > Has your quit plan been helpful?



### Beating cravings

The first few weeks can be hard. It's a good idea to be kind to yourself during that time.

- > Avoid people, places and situations that make you want to have a cigarette/vape.
- > If you over-indulge in food a little, don't stress about it.
- > Plan a reward for yourself with some of the money you will save.

In the early stages you may get cravings and they can be quite intense. They usually weaken after a few minutes and grow further apart over time.



## The 4Ds. Try this:

Delay

Deep  
Breathe

Drink  
Water

Do  
something  
else



## Tips about quitting



Keep motivated by reminding yourself of your reasons for wanting to quit.



Stay occupied.



Remember a craving will usually fade away in a few minutes, so deal with each one as it comes.



Remember the first two weeks are the hardest. It will get easier.



Call Quitline on **13 7848** for help and support and use the MyQuitBuddy app to help keep you focused.



**FREE** Quit Pack! If you want some information to read, text **"QUITPACK"** to **0489 077 077** with your name and address for a free Quit Pack.

**Keep going!**

# KEEP GOING...

## Staying nicotine free

Well done! You've made it through these first few weeks without smoking/vaping.



- > How are you feeling?
- > Have your withdrawal symptoms started easing?
- > Have you experienced any challenging situations that have made you want to smoke/vape?
- > Are you starting to feel more confident in situations where you used to smoke/vape?
- > Have you had any slip-ups?



### **If you have used patches or some other form of quitting product, remember:**

- > keep using them for 8-12 weeks,
- > stay in touch with your GP, pharmacist or Quit services for advice and support.

### **As you start to live your life as a non-smoker/non-vaper:**

- > don't let your guard down as you go back to situations in which you used to smoke/vape
- > be prepared for unexpected strong cravings in these situations
- > plan what to say and do when you are tempted to have a smoke/vape
- > decide how you are going to respond if a friend offers you a cigarette/vape



## Feel proud of yourself. You're a non-smoker/non-vaper.

If you have a setback and start smoking/vaping again, don't worry. Most people try a few times before they quit for good. The key is **never give up giving up!**

### Simply start again:



## Congratulations, you are a non-smoker/non-vaper!

### Remember, to help you stay on track, you can:

- > Still call Quitline **13 7848** anytime.
- > Text the Quitline on **0489 077 077** for some advice.
- > Visit **quittas.org.au** and use our **LiveChat** service.

# WAYS TO QUIT FOR GOOD

## Call 13 7848

Speak to a friendly counsellor (free service).

## My QuitBuddy app

Download for free from the App Store/Google Play.



## SMS

Text "QUITPACK" to 0489 077 077 with your name and address for a free Quit Pack.

## GP

Your doctor can help with subsidised prescription medications.

## Chemist

Ask your pharmacist what products can assist with quitting smoking/vaping.

## [quittas.org.au](http://quittas.org.au)

Explore our website - view stories, useful links, LiveChat, videos and more.



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