

# HELPFUL TIPS

TO AID SMOKING CESSATION FOR CLIENTS

## BRIEF ADVICE TO STOP SMOKING

Where a client presents with a problem caused or exacerbated by smoking, it is of vital importance for clinicians to raise the issue of smoking cessation.



## AN ASSESSMENT OF THE SMOKER'S INTEREST IN QUITTING

Willingness to make a quit attempt can change rapidly with changing life circumstances. Quit attempts made with minimal planning can be successful. There is benefit in encouraging all smokers to consider quitting whenever the opportunity arises

## PROVIDE SELF-HELP MATERIAL

Brief interventions for smoking cessation involve opportunistic advice, encouragement and referral. Where clinicians are not able to offer support or treatment within their own practices, they should refer smokers for help elsewhere – for example, to Quitline.



## QUITLINE

Is a free, confidential and professional smoking cessation service through telephone counselling. Monday to Friday from 8.30am to 8pm, and Saturdays from 2pm to 5pm. Outside these hours, you can leave a message and a counsellor will call you back.

