

Quit resources and training

Resources for your service

Quit has a range of resources developed in consultation with consumers and service providers.

Resources include posters for display in services, reference cards for staff and brochures and wallet cards for consumers.

Examples include:

- 4Ds Appointment Card
- My Quit Plan
- Quit Because You Can
- Stress Cycle of Smoking



Quit resources are available to download or order from: quit.org.au/resource-order-form

Brief advice training

Quit offers online training to support staff working in mental health services to deliver smoking cessation brief advice using Quit's 3-step **Ask, Advise, Help** model.



Visit education.quit.org.au to access Quit's training.

References

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Learn more at: quit.org.au/mentalhealth

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Helping consumers to stop smoking: a guide for staff working in mental health services

Smoking is the leading cause of preventable death and disease in Australia.¹

The benefits of quitting are significant:

- improved mental health and wellbeing^{2,3}
- increased likelihood of achieving alcohol and other drug recovery goals⁴
- immediate lowering risk of physical health problems⁵
- less financial stress.

This guide provides information on how to deliver the most efficient and effective stop smoking intervention for consumers.

It is based on research evidence and is informed by consultations with health professionals and other experts in their field, including leaders in smoking cessation care.

Embedding brief advice into routine practice

Most people who smoke want to quit, but only a small proportion use best practice interventions. Every conversation in which a staff member from a mental health service encourages a consumer to quit smoking, will increase the chances of that consumer making a successful quit attempt.

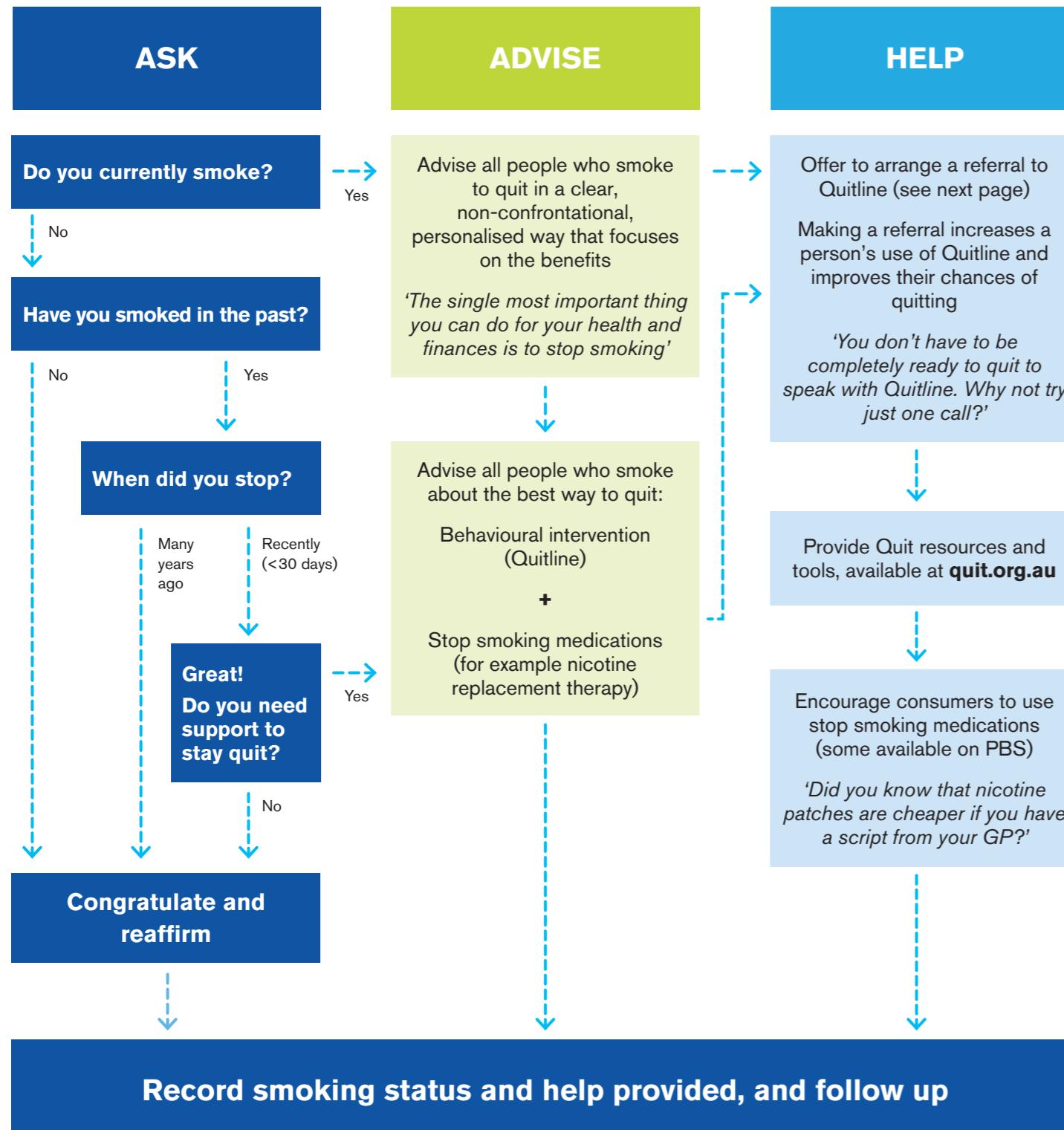
While some consumers may be asked about smoking, few receive practical help. Quit worked with health professionals to develop the 3-step model (Ask, Advise, Help) overleaf. It can take as little as 3–5 minutes to deliver.

Research shows that people living with a mental illness are motivated to quit smoking and would accept advice and support from staff working in mental health services.^{7,8}

Learn more at:
quit.org.au/mentalhealth



3-step brief advice for smoking cessation



Behavioural intervention

Refer to Quitline 13 7848

Quitline is a welcoming, confidential and effective telephone counselling service.⁹ It provides ongoing tailored counselling to help people plan, make and sustain a quit attempt. Quitline will assess a consumer's smoking history, provide motivational interviewing and help them develop a plan to stop smoking. Return calls are scheduled to encourage consumers to set a quit date and to develop skills to manage the nicotine withdrawal period (day 1, day 3, day 7) and to maintain a smokefree lifestyle (approximately 14 days and 30 days quit). Quitline has tailored programs for people living with a mental illness, people who are dependent on alcohol and other drugs, pregnant women, and young people. Quitline also has Aboriginal Quitline counsellors available.

Making a referral to Quitline has a number of benefits:

- Improves access to treatment** – one study found a 13-fold increase in the proportion of people enrolling in treatment compared to a health professional simply recommending that consumers call Quitline.¹⁰ Quitline will make multiple attempts to contact the consumer.
- Reduces costs for consumers** – it is a totally free service as Quitline calls the consumer.
- Increases the chance of consumers quitting.**^{11,12}
- You receive feedback** from Quitline on the outcome of your referral.

How to refer to Quitline

Referral is quick and easy. Use one of the following options:

- Download the Quitline referral form from quit.org.au/referral and fax to 1800 931 739.
- Submit a secure online referral at quit.org.au/referral.

Encourage use of behavioural strategies

If the consumer declines the offer of a referral to Quitline, provide self-help material and encourage use of other evidence-based behavioural strategies, such as:

- **Customised self-help:**
QuitCoach (web-based personalised program), QuitTxt (phone messaging help) and other consumer education tools and resources are available from quit.org.au
- **Self-help material:**
This should be offered as a minimum during all brief advice conversations and includes:
 - consumer resources, available from the **Quit website**
 - the **Quit Because You Can booklet**, which guides a person to set a quit date, identify triggers and develop a quit plan
 - an **appointment card** with the Quitline phone number and strategies to manage cravings, which is useful if the person has declined your offer of help.