

# Tackling Tobacco

## Quitting smoking improves alcohol and other drug treatment results

### Quitting smoking will not harm your recovery from alcohol and other drugs

Quitting smoking at the same time as alcohol or other drugs will help you stay abstinent and improve your treatment success!

You may feel stronger nicotine withdrawal symptoms when giving up smoking at the same time as alcohol and other drugs. Give yourself the best chance of success by calling Quitline and using NRT.

If you are staying in smoke-free accommodation, using NRT will make you feel more comfortable by relieving stress, restlessness or irritability. Using NRT products will also help reduce your anxiety related to cravings.



### Choose your personal 'why' for quitting smoking:



supporting my alcohol and other drug treatment and recovery



strengthening my coping strategies



increasing my quality of life and positive mood



lowering my levels of anxiety, depression and stress



improving my sleep



improving my fitness and energy levels



saving money

*"I feel like I've proven to myself that [quitting smoking] is something that is possible to do"*

Person recovering from alcohol and other drug use



Aboriginal Respect Symbol. Designed by Marcus Lee Design for Cancer Council NSW.



**Cancer Council**  
Tackling Tobacco

## Cutting down to quit

This approach to quitting means gradually reducing the number of cigarettes you smoke over time until you have quit completely. You can also focus on changing up habits e.g. no longer smoking after a meal. To increase your chances of success using the cut down to quit approach you can:

- set a quit date within 2 to 6 weeks of starting to cut down
- use NRT or other stop smoking medications to combat cravings and withdrawal symptoms
- get support from your support worker, health professional or Quitline counsellor throughout the cut down to quit period

It is important to remember that cutting down without quitting does not lead to any health benefits. This is because your body compensates by adjusting the way you smoke to get the same level of nicotine, such as:

- puffing more frequently,
- inhaling more deeply, and
- smoking right down to the butt.

There is no safe level of smoking and even light smoking poses risks to health.



## Where can I go for support to quit?

### Talk to your support worker or health professional



- Ask them about quitting smoking and what support is available
- They can talk you through what the quitting process will feel like, common challenges and practical strategies

### Call NSW Quitline on 13 7848



- Free, confidential counselling service for people who smoke or vape
- Has Aboriginal counsellors and counsellors who speak Arabic, Cantonese, Mandarin and Vietnamese
- Will help you build a quit plan, discuss medications and connect you to other resources to help you quit
- Anyone can call NSW Quitline, even if you aren't ready to quit just yet

### Use Nicotine Replacement Therapy (NRT)



- You can get nicotine patches at a cheaper price through a prescription from a doctor if you have a concession card
- You can buy nicotine gum, lozenges, inhalators and mouth spray over the counter and from pharmacies
  - The NRT mouth spray contains a small amount of alcohol. Talk to your support worker if you are recovering from alcohol dependence.

### Ask about quit smoking medications



- You can get these medications through a prescription from a doctor

Our **Tackling Tobacco** team are here to help. To speak to a member of our team, call **02 9334 1911** or email us at [tacklingtobacco@nswcc.org.au](mailto:tacklingtobacco@nswcc.org.au).  
Alternatively, visit our [website](#) for further information on the Tackling Tobacco program.