

Tackling Tobacco

Quitting smoking will improve your financial wellbeing

How will quitting smoking reduce my financial stress?

Quitting smoking can reduce your financial stress and improve your financial wellbeing. People experiencing socioeconomic disadvantage have more to gain by quitting smoking.

Smoking can be part of a cycle of financial stress and hardship. Sometimes people use smoking as a way to cope with difficult situations. The more someone smokes, the more money they spend on tobacco, which increases financial stress, and so the cycle continues.

Quitting smoking means you will have more money available to spend on household staples such as food, housing and bills. By quitting, you could relieve some of the cost-of-living pressures.

The money you save by not smoking soon adds up. Quitting smoking might also mean that you have extra room in your budget for leisure activities to support your mental health!



For someone who smokes a pack of 15 cigarettes a day, quitting could mean saving an extra \$11,200 a year!

Choose your personal 'why' for quitting smoking:



saving money



increasing my quality of life and positive mood



lowering my levels of anxiety, depression and stress



improving my sleep



improving my body's ability to get nutrients from food



improving my fitness and energy levels



reducing my risk of smoking-related diseases

Quitting smoking and financial stress cycle:



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



Cancer Council
Tackling Tobacco

How will you use the money saved from quitting?

Here are some ideas to help you with your motivation:

- Join a gym or fitness class
- Enrol in an online course to upskill
- Start a new hobby, whether it's sport, music, art or something else
- Go on a relaxing holiday with your friends or family
- See a live show, such as a concert, movie or sports game



“[With the money I’ve saved] I’ll buy a new bag and wallet. And when I go to Mum’s, I’ll shout Mum Chinese...”

You save more money [from quitting smoking] which is good.”

Consumer with lived experience who quit smoking



Where can I go for support to quit?

Use Nicotine Replacement Therapy (NRT)



- You can get nicotine patches at **cheaper price** through 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
- Talk to your local Aboriginal Medical Service or Aboriginal Community Controlled Health Organisation about accessing FREE or subsidised NRT

Call NSW Quitline on 13 7848



- Talk to a quit smoking counsellor for FREE for advice and support tailored to you
- 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

Online support options



- Calculate how much money you could **save** by quitting using the [iCanQuit calculator](#)
- Order or download a FREE Quit Kit at iCanQuit.com.au
- Download a FREE mobile app like [My QuitBuddy](#) to track your progress

Nicotine is addictive, but quitting is possible. Using NRT products is cheaper than continuing to smoke. Once you're smoke-free, you won't need to spend money on anything related to smoking or quitting!

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.
Alternatively, visit our [website](#) for further information on the Tackling Tobacco program.