

Supporting People to Stop Smoking & Vaping

Spring 2024

Welcome to our spring newsletter for community service workers. Updates on resources and strategies for addressing the use of tobacco and related products.



Quit services are expanding



Quit Tasmania has received Commonwealth funding to **expand Quitline and quit service capacity**. This is in support of the recently announced **national vaping reforms**. Expansion activities will be rolled out over the next 3-6 months.

We'll keep you updated via the newsletter.

Expansion activities include:

- **Extend Tasmanian Quitline operating hours:** from 8am - 8pm, Monday to Friday
- Improve systems to **deliver cessation support through omni-channels** - e.g. live chat, text messaging and other online digital supports
- **Dedicated counsellors** to support young people and omni-channels
- Provide intensive quit support for priority populations - **free combination Nicotine**

Replacement Therapy (NRT) and counselling support for Quitline clients from priority population groups:

- First Nations people
- Young People aged 12 - 25
- People who are pregnant and their partners
- **12-week supply of combination NRT** provided (if clinically appropriate) via three shipments directly to clients through pharmacists

Please

note free combination NRT for these priority population groups is **not currently available**. We will let you know when it is.

Protecting young people from e-cigarettes - a new Tasmanian campaign in development

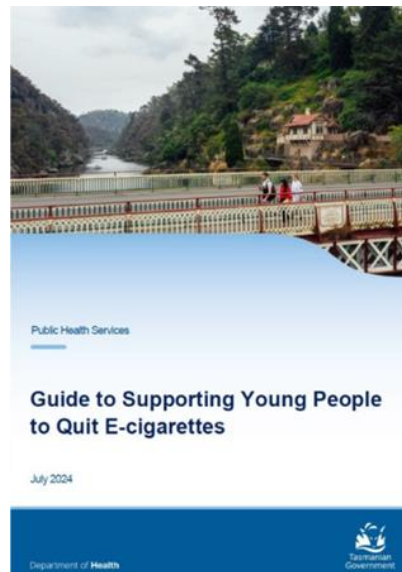


Quit Tasmania is developing a **Vape Free Youth campaign**, aimed at protecting young people from e-cigarettes.

Working in collaboration with the Hobart-based agency Showpony, the campaign will **raise awareness about the negative effects of nicotine addiction**. It will direct young people to a **dedicated website** containing quitting tools and support options.

The campaign is set to **launch in early November** across social media platforms such as TikTok and Snapchat, targeting young people aged 12-24.

New! Guide to Supporting Young People to Quit E-cigarettes



The Department of Health, Tasmania has developed the **Guide to Supporting Young People to Quit E-cigarettes**.

The Guide will **assist health professionals and those working with young people** ages 12 to 24 to effectively address their nicotine dependence from e-cigarette use.

It includes information on the **harms of e-cigarettes** and **how to engage with and offer support to young people** based on the ABC brief intervention framework (Ask, Brief advice, Cessation support). It contains **useful resources** for assessing nicotine dependence, applying **behavioural strategies** as well as information about **pharmacotherapy and local referral pathways**.

The Guide is **now available** on the Department of Health's **[E-cigarette and vaping webpage](#)**

There is a **[webinar launch](#)** of the Guide on the Primary Health Tasmania Learning Hub. If you are interested in watching the webinar, please contact Kim Roberts, Tobacco Project Officer, THS for the password.
kim.roberts@health.tas.gov.au

Quit Tasmania's current campaign



We currently have a Statewide television-led campaign, supported by other media channels. The campaign will air through to Saturday 28 September.

Watch the ads:

Sticky Blood describes how smoking increases the chance of blood clots, which can lead to a heart attack.

Think encourages people to think about the reasons why they smoke

Recovery highlights some of the positive benefits that may be experienced when stopping smoking

Piggy bank focuses on the health and financial cost of smoking (FYI - The tax excise on tobacco products increased by 5% on 1 September)

How **Quitline** can assist people with quitting

3-hour Supporting People to Stop Smoking & Vaping training

Statewide, no-cost training for service providers

The training provides workers with knowledge and tools to have the conversation and support their clients who smoke/vape, many of whom are in a cycle of poverty due to the high cost of tobacco.

"Like how updated and relevant the training is" - training participant

"Lots of information around e-cigarettes which is great!" - training participant

To **book a training session**, or a **refresher session**, please contact our Community Engagement Coordinator, Irena: izieminski@cancertas.org.au or 6169 1943.

For more information, please see [here](#).



For more information on smoking cessation [visit our website](#).

Have any questions? Want to book in a training session? Need resources? Phone 6169 1943 or email Irena: izieminski@cancertas.org.au

We acknowledge the Tasmanian Aboriginal people, the Traditional Custodians of the lands on which we work and live, and pay our respects to Elders past and present.

Quit Tasmania is a program of Cancer Council Tasmania - supported by the Department of Health

