

## THINGS THAT CAN HELP YOU IN YOUR JOURNEY



My QuitBuddy is an app that will help you reduce your smoking

Quitline 13 7848

**QUITTING MEDICATION**  
(e.g. nicotine replacement therapy & varenicline)

Ask your health professional about medications to assist you to cut down or quit

**SO DELAY & DISTRACT YOURSELF**

What can help?

- Delay lighting your cigarette
- Do some deep breathing
- Drink some water
- Do some exercise (short walk)

### SETTING GOALS...

Setting goals can help paint a picture of what you want to achieve by quitting. If you want to, write down your goal here:

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MY HEALTH • MY DECISION • MY LIFE

I want to reduce smoking!

LET'S TALK ABOUT IT

For your mental health team and GP



Recommended guidance on how to promote and monitor the physical health of people experiencing psychosis:

[www.iphys.org.au](http://www.iphys.org.au)

Dear Health Professional,  
I would like to take steps towards healthier living. Can you help me?  
I understand that smoking is bad for me and would like to work together to reduce my smoking and ultimately stop.  
How do I do this?  
Thank you,

Developed by consumers and clinicians as part of the y-QUIT project, South Eastern Sydney Local Health District enabled by The Inspiring Ideas Challenge (TIIC) grant.

[www.seslhd.health.nsw.gov.au/keeping-body-mind](http://www.seslhd.health.nsw.gov.au/keeping-body-mind)



# y-QUIT



Keeping Your Body in Mind

A guide for young people experiencing psychosis or other mental health issues & want to quit smoking

Most young people who experience psychosis want to quit smoking but may need extra support to do so.

If you currently smoke and experience psychosis, here is some helpful information on how to reduce or quit smoking.

*"The program helped me realize the link between smoking and stress. I was particularly happy that someone was there to help and the best thing about the whole program was that I was able to save some money!"*

Ziggy, aged 24

### SMOKING:

- Makes your breath smell bad
- Stains your teeth
- Reduces your fitness
- Makes your skin age
- Causes lung, heart and oral health problems
- Is expensive
- Causes stress

Reducing smoking or quitting can be hard  
**YOUR HEALTH PROFESSIONAL CAN SUPPORT YOU**

# Are you thinking about reducing smoking?

Here is some helpful information about quitting smoking. It is **IMPORTANT** to ask your health professional for advice.



## IF YOU ARE THINKING ABOUT QUITTING:

- Think about what you like and what you don't like about smoking
- How much does smoking cost you each week?
- Think about previous quit attempts. What helped and what got in the way?
- Check out quitting medications
- Think about contacting a professional who can assist with smoking cessation



## A SPECIALISED SMOKING CESSATION PROGRAM:

- Will help you set goals to get you started on your quitting journey
- Will help you identify triggers or things you should watch out for when you quit smoking
- Will help with tips and strategies to manage withdrawal and cravings
- May offer you quitting medications
- Will help you find out how smoking affects your stress levels



## THINGS TO KEEP IN MIND:

- You might need to visit your doctor to have your medication reviewed and monitored
- You might need to use quitting medications for up to 6 months
- You may need to reduce caffeine
- Cravings can be hard, but knowing your triggers can help
- You may be able to reduce your psychosis medications if you quit (seek health professional advice)



## WHAT HAPPENS WHEN YOU QUIT SMOKING?

- No more bad breath
- Your fitness improves and you can breathe easier
- Research shows quitting improves your mental health
- More money in your pocket (you could save \$10,000 per year)

**Your health professionals are on your side and want you to be healthy. Don't be afraid to ask for their help!**