

THINGS THAT CAN HELP YOU IN YOUR JOURNEY

Download the **FREE** App!



Smokefree National Helpline: 0300 123 1044

NHS SmokeFree website: <https://www.nhs.uk/smokefree>

Download from Google Play or Apple Store on your mobile device.

QUITTING MEDICATION

(e.g. nicotine replacement therapy & varenicline)

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

WAYS TO DELAY AND DISTRACT YOURSELF

What can help?

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

SETTING GOALS...

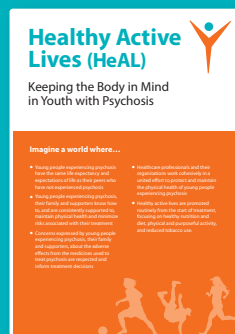
Setting goals can help paint a picture of what you want to achieve by quitting. If you want to, write down your goal here:

MY HEALTH • MY DECISION • MY LIFE
I want to reduce smoking!



For your mental health team and GP

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,



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

www.iphys.org.au

For more information please contact your care team, for more leaflets the Psychosis Research Unit (PRU), info@psychosisresearch.com, tel. 0161 358 1395.

Adopted with permission from South Eastern Sydney Local Health District: NSW (www.seslhd.nsw.gov.au).
Developed by consumers and clinicians.

NIHR Collaboration for Leadership in Applied Health Research and Care Yorkshire and Humber



Greater Manchester and Eastern Cheshire Strategic Clinical Networks



y-QUIT



Keeping Your Body in Mind

A guide for 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.

"Seeing that I could cut down made me realise that I can do it [quit]. And financially quitting smoking saved me about £2,500 [per year]... just wish I'd done it a long time ago." – Zac, aged 29

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 me 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 medications reviewed and monitored as quitting may allow some people to reduce their psychosis medication
- You may need to reduce caffeine
- Craving can be hard, but knowing your triggers can help
- It is common to use quitting medications for several months. Indeed some find Nicotine Replacement Therapy (NRT) helpful over much longer periods, and preferable to restarting smoking again

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 (Save about £3,000 per year if you smoke 20 per day)

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