

Peers talking about tobacco and supporting each other

This newsletter is brought to you by the Peer Workers of the Tobacco and Mental Illness Project. The project started in 1998 after participants in the Port Adelaide rehabilitation program asked for help to quit tobacco. Since then, more than 800 people with mental illness across Adelaide have asked for help and many have got involved and worked hard on their tobacco use. Many have quit and others are still working on it, and are doing great.

Peer workers have always been very involved in the project and we believe our experience of living with a mental illness and having quit tobacco is really valuable to others who are still trying to beat the habit.

This light-hearted newsletter is designed to encourage you to talk about tobacco and to tackle it. *We believe we need to support each other.*

How much could I save?

Spend \$11.50 a day on cigarettes?

Quit and in three months you could save enough money to have an up-close-and-personal look at Uluru!

Spend \$8.50 a day on cigarettes?

Consider the 4000 chemicals in each cigarette. Quit and after six months you could save enough money to be saying 'Aloha!' in Hawaii!

Spend \$10 a day on cigarettes?

Quit and after one year you would have saved \$3650!

Seven good reasons to quit

Quit, and you could enjoy:

1. having more **money**
2. no more yellow teeth and fingers
3. less wetting pants when you have a coughing fit
4. no more holes in your clothes
5. fresh breath
6. no more loss of breath
7. less worrying about your **health!**

Where can I get help to quit?

- > Phone the Quitline on 137 848
- > Talk to your doctor, pharmacist or health worker
- > If you have a mental illness, phone the Tobacco Free Program on 8200 2009 and ask for information
- > Talk to family, friends or someone who wants the best for you.

10 ways to get through a craving

1. Go for a walk
2. Drink water
3. Sip orange juice
4. Use nicotine replacement therapy
5. Surf the craving until it passes
6. Remind yourself why you want to quit
7. Have a sleep
8. Listen to music
9. Phone a friend or the Quitline
10. Go somewhere you can't smoke.



Some thoughts from us about quitting tobacco

'The morning following that first 24 hours without a cigarette I woke up with this huge conviction. I remember it so strongly: *If you can do that for one day, you've done it. You just have to do that again, and do it again.* After 24 hours a belief came that I could do it.'

- Sharon

'Since my wife (Carol) and I quit we have saved more than \$117,000 on smokes. We now have a house, plus we have had dozens of holidays. As well as that, we have had 14 years of life to enjoy the things that extra money allows us to do. Quitting smoking is easily the most important decision we have made and easily worth it.'

- Mark

'I'd wanted to stop smoking for years but it was such an ingrained habit. All the information in the group helped tremendously and having peer workers involved is a great idea. I gave up on the 16 September 2007.'

- Gillian

'I've always got money in my purse now and that gives me a relaxed, comfortable feeling. If I'm out and get hungry I can afford to buy food or if I get a headache I can afford Panadol – little things that people take for granted. I've been able to visit my girlfriend in Victoria who I hadn't seen for 10 years.'

- Joan

'I was an idiot. I was spending more money on smokes than on food. It wasn't till the doctor said, "*You're going to die,*" that I came to my senses and thought, "*Right, this is it.*"'

- Lee

'I made my mind up and stuck with that. It took three or four weeks in the group for me to totally quit. I said to myself, "*I'm not smoking any more. I'm not going to the shops to get smokes. I'm not going to think about smoking now.*" I was really proud of myself when I first quit.'

- Teresa

*All the Best
From the Tobacco Free
Peer Workers
Sheryl, Mark, Teresa,
Lee, Joan, Sharon, Gillian*



For more information

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