

Digital Mental Health for Quitting Smoking

People have different reasons for thinking about quitting smoking or vaping (using e-cigarettes), such as the cost, health benefits for themselves and those around them, or wanting to find healthier ways to cope with stress. Quitting smoking can be challenging but getting help from a professional can significantly improve your chances of success.

Digital services can be used alone or in combination with face-to-face therapy or support from your GP to assist you to make a decision about cutting down or quitting smoking, and support you with your progress.

Scan to download a free
PDF version from the
eMHPrac Website



! STAYING SAFE WHILE SMOKING

There is no safe way to smoke during pregnancy - it harms your unborn baby.

Make your car and home smoke-free zones when caring for children.

There is no safe amount of nicotine or healthy way to smoke. Vaping or e-cigarettes might also contain chemicals that are harmful.



Digital Mental Health for Quitting Smoking

This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

National Mental Health Website

HEAD TO HEALTH

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Information Sites

BE SMOKE FREE

Be Smoke Free

Methods to help you with your smoking goals with links to services in SA.
<https://besmokefree.com.au/>



Quit Centre

Information on smoking cessation for health professionals. Links to clinical guidelines and training courses.
<https://www.quitcentre.org.au/>



Quit Tasmania

Opportunities to think about your smoking or take steps to work towards your smoking goals. Links to services in Tasmania.
<https://www.quittas.org.au/>

MAKE SMOKING HISTORY

Make Smoking History

Tips and tools to help you with your goals to cut down or quit smoking. Links to services in WA.
<https://www.makesmokinghistory.org.au/>



Cancer Council ACT

Information and tips on smoking cessation and free Quit Pack for ACT residents.
<https://actcancer.org/prevention/smoking-and-tobacco-use/>

QUIT HQ

Quit HQ

Queensland website for those wanting to look at their smoking, take action or support others. Option to receive emails to support your progress.
<https://quithq.initiatives.qld.gov.au>



Australian Government

Information on the health effects of smoking tobacco, spending calculator, information on addiction and online tools to assist people to cut down or quit.
<https://www.health.gov.au/health-topics/smoking-and-tobacco>



Better Health Channel

Information on the health effects of smoking and tips on quitting.
<https://www.betterhealth.vic.gov.au/health/healthyliving/smoking-quitting-tips>



Cancer Institute NSW

Facts about smoking, tips on quitting and links to other support services in NSW.
<https://www.cancer.nsw.gov.au/prevention-and-screening/preventing-cancer/quit-smoking>

Apps



Quit Now: My QuitBuddy app

Information, tips, tools and an online community for smokers and ex-smokers.
<http://www.icanquit.com.au/>

Phone Services

Quitline.13 7848

Quitline

Phone supports to assist you wherever you are on your smoking journey. Access to Aboriginal or Torres Strait Islander worker, LGBTIQ+ ally or national interpreting and translation services. Options to sign up and receive email or SMS support. Online tools to consider your smoking, tips and techniques to help you quit and planning tools.
13 78 48

Online Programs

iCanQuit

iCanQuit

Information, tips, tools and an online community for smokers and ex-smokers.
<http://www.icanquit.com.au/>



eCliPSE - MyHeLP

A course to help you improve heart health through diet and exercise, and cutting down or quitting smoking.
<https://eclipse.org.au/ehealth-programs-on-eclipse>