

HEALTHY QUIT BRIEF™



SUPPORT YOUR STAFF OR COMMUNITY GROUP TO QUIT SMOKING, TOGETHER

WHY?

- 80% of smokers actually want to quit smoking, but only 1 in 5 people use the most effective approach (Quit Victoria)
- Smokers have more absenteeism, and are less productive than their non-smoking colleagues (BMJ, Tobacco Control)
- Smoking is the single greatest cause of preventable death and disease (WHO)
- Tobacco smoking costs Australia over \$30 billion a year (AIHW)
- Quitting rates from other smoking cessation strategies are less than 10% (NIH)

- **Designed to support up to 15 participants**
- **1 x 1 hour session per week, for 4 weeks**
- **Session delivered via Zoom**
- **Flexible to the needs of your group**

HOW?

Healthy QUIT Brief is an adapted online version of our evidence-based and highly successful Healthy QUIT program.

Healthy QUIT Brief is delivered by a Provisional Psychologist specialising in smoking cessation, an Exercise Physiologist, Dietitian, and expert guest speakers.

SMALL GROUP SESSIONS (4 X 60 MIN ONLINE SESSIONS)

- Understanding addiction
- How to quit
- Craving management
- Self-help strategies
- Quitting and exercising and eating (with two guest speakers!)
- Post-program support

INDIVIDUAL QUIT SMOKING STRATEGIES

- One-on-one online goal-setting session
- \$100 nicotine replacement therapy or quitting medication
- \$100 gift voucher as a reward for program completion



WHO

Healthy Tasmania Pty Ltd is a for-purpose business building connections between people who need help and people (and services) who provide help.

Their work is focused on creating healthy and connected communities where people feel in control of their health and wellbeing.

They provide a range of services to help solve common problems that prevent people, communities and organisations from thriving.

Healthy Tasmania was co-founded by sisters Lucy Byrne and Penny Terry who do things differently to get things done!

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