

REFERRAL TO THE 12 WEEK QUITLINE PROGRAM

Name: Mr/Mrs/Ms _____

Address: _____

Postcode: _____

Ph Home: _____ Work: _____ Mobile: _____

(please provide telephone numbers likely to get you at time of requested call below)

My planned quit day is: Date: _____ OR I have already quit OR I don't have a quit day

PLEASE INDICATE A SPECIFIC TIME FOR YOUR FIRST CALL (ALLOW UP TO 30 MINS)

Please call me on: Day: _____ Date: _____

(Please indicate a specific day when you are available)

(Quitline advisors are available: 8am - 8pm Monday to Friday, 2pm - 5pm Saturday, Sunday and Public Holidays 2-5pm)

Best time to call: AM (8am-1pm) PM (1pm-5pm) Evening (5pm-8pm)

In compliance with the 2001 Privacy Bill, Quit SA is required to ask the following questions:

(Confidentiality is assured and information will only be used to assist you in quitting smoking)

Can Quitline send reports to your referring health care provider informing of your quitting progress?

YES NO

Can Quitline let your health care provider know how many calls you have had, and whether there has been any change in your smoking?

YES NO

I give consent to the Quitline to call me as arranged and to record notes about quitting on the database.

Sign here:

**Referred by:*

Name: _____

Address: _____

Phone: _____ Fax: _____

Email: _____

Please print, fill out & fax this referral to Quitline 8291 4280 (For queries ph 8291 4282)

 **Quitline.137848**

12 WEEK QUITLINE PROGRAM

CLIENT INFORMATION

What is the Quitline?

The **Quitline 13 7848** is a free, confidential, expert advisory service with a proven record of success in helping smokers quit. Calls are answered 24 hours a day, 7 days a week. The 12 week Quitline program provides a schedule of calls to people who have made the decision to quit. Once part of the program, we will contact you by phone to arrange convenient times to help you through your quitting. You are free to withdraw from the program at any time.

1-2 weeks before Quit date

Preparation and planning

The advisor will spend some time talking about your smoking, identifying your habits and triggers. Your quitting experience will be much easier if you understand why you smoke. The Quit pack will be sent to you, so you can fill in a smoking diary and read about quitting.

Day 1 - Quit Day

This is the big day. This is the day you have chosen to be the first day of the rest of your non-smoking life. Today your advisor will ring and talk about your preparation and planning. They will discuss any past quit attempts, as well as situations and routines which trigger the desire to smoke, helping you find ways to deal with them.

Day 3

This can be a difficult day. Even if you are on Zyban or patches, you may need help with cravings and other unresolved feelings. Once again, your advisor will be able to help and will offer support and encouragement.

Day 7 - 14

This is an important period, because many smokers are tempted to smoke. Research shows that most people return to smoking after having 'just one cigarette'. Your adviser will offer extra encouragement to keep you motivated, and suggest ways to get you through.

1-2 months after quitting

This far into the program you'll be feeling fairly confident of success. Depending on your needs, contact from Quitline will be less frequent. Even though you are well on your way, it can be helpful to practise how you would handle tricky situations which worry you more than others. It may be a drink with friends, or at times of extra stress or pressure. If you're prepared in advance, these situations are much easier to handle.

3 months

You've made it! The only call we'll make today is to congratulate you on your success. A certificate will be sent to you. Remember we are here to help you anytime.

Well done!

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The support you need to give up smoking forever
Quitline 13 7848