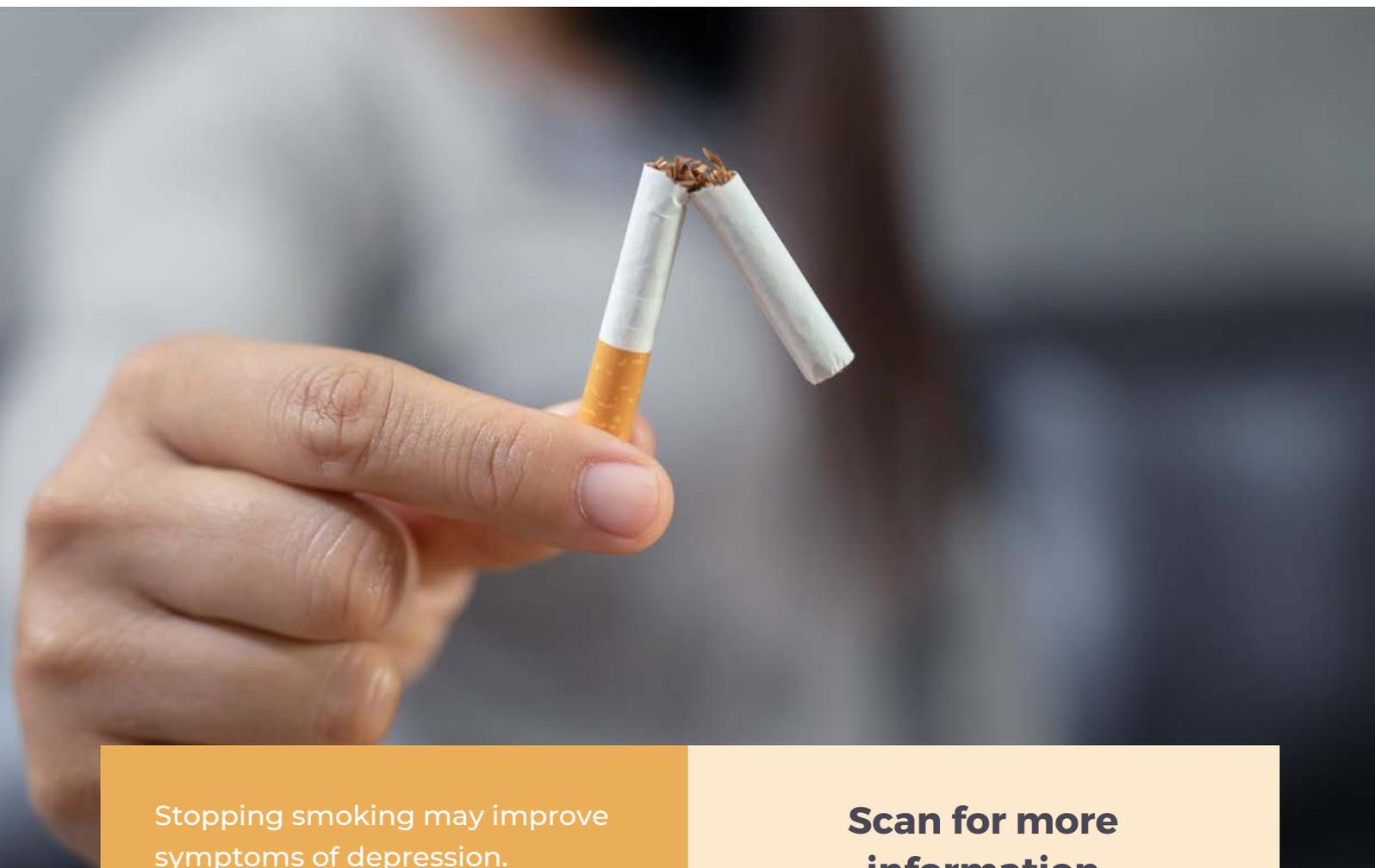


LIFESTYLE-BASED MENTAL HEALTH CARE FOR DEPRESSION

Smoking cessation



Stopping smoking may improve symptoms of depression.

Smokers have increased odds of developing depression in later life.

Quitline – 137 848
<https://www.quit.org.au/>

Scan for more information



What do I need to know before quitting?

It is important to talk to your doctor before you stop smoking.

- Tobacco smoking can affect how people process some antidepressant and antipsychotic medications. Likewise, *stopping* smoking may affect how you process medications you have been prescribed.
- It is also possible you may experience some nicotine withdrawal symptoms while stopping smoking, such as sleep disturbances and fatigue.
- Stopping smoking can also affect how people process caffeine, so consuming caffeine (e.g., in coffee, tea, energy drinks) while you are quitting can result in restlessness and sleep disturbances.

Who can help me?

There is a lot of support available to help you stop smoking.

- Trained professionals (e.g., psychologists, smoking cessation specialists*) can help you with approaches like motivational interviewing and cognitive behavioural therapy.
- Nicotine replacement therapy can provide some benefits for quitting.
- Some anti-depressant medications have also been shown to increase long-term smoking cessation rates.
- Physical activity, mindfulness and other lifestyle-based approaches may help with smoking withdrawal symptoms like irritability and restlessness. Mindfulness-based approaches can also be helpful.

You can help yourself too!

Identify what might prompt or continue your urge to smoke.

- Talk to your doctor about medications to help you stop smoking. These prescription medications can help to reduce the symptoms of nicotine withdrawal, and lessen the pleasure you get from smoking.
- Combining psychological supports with cessation medications improves your chances of success.
- Certain environmental prompts can trigger your urge to smoke, e.g., certain times, social settings, or being around others who are smoking. You can increase your chances of success by limiting your exposure to such environments while you quit.
- Developing strategies ahead of time may help you deal with urges, for example DEaDS - Delay (by 10 minutes), Escape/avoid (change environment), Distract (e.g., call someone, physical activity), Substitute (e.g., nicotine replacement therapy).