

Some facts about smoking

- One in every two people who smoke will die from a smoking related illness
- Most people who smoke (including mental health service users) wish to quit smoking
- More than 75% of people who smoke wish to quit – and this includes mental health service users
- Almost every medical condition is made worse by smoking
- Research shows that mental health service users smoke in greater numbers than the general population
- Smoking not only damages your health but is very expensive

Consumers

Talk to your case manager about a plan for being smokefree while using Canterbury's Specialist Mental Health Services. If you want to stop smoking permanently your case manager will support you.

Family and friends

For more information about how to quit smoking:

Contact a family doctor or nurse, or phone Quitline on 0800 778 778, Aukati Kaipapa on 0800 425 700 or the Pacific Cessation Service on 366 3990.



Supporting a healthy and smokefree environment for everyone.

We are smokefree



CDHB Specialist Mental Health Services are now fully smokefree.

If you smoke, ask us about nicotine replacement lozenges, gum or patches so we can support you to be smokefree in our services.

Canterbury

District Health Board

Te Poari Hauora o Waitaha

We are smokefree!

CDHB's Specialist Mental Health Services are now fully smokefree which means that smoking is not allowed inside buildings or on the grounds of Hillmorton Hospital, The Princess Margaret Hospital and in community services.

Nicotine replacement lozenges, gum and patches are freely available to service users and staff who smoke to help them be smokefree while they are using mental health services or working there. It is your choice whether you want to become permanently smokefree.

The decision to make mental health facilities smokefree was to ensure that they are healthy for everyone including staff, consumers and visitors. All other Canterbury District Health Board (CDHB) facilities are already smokefree.

Our health facilities can no longer be seen to support smoking – as it impacts so badly on health. Other District Health Boards also have smokefree mental health services and many more are becoming smokefree.

We can help you become smokefree

It is up to you whether you want to permanently quit smoking but if you do, your case manager can refer you to a quit programme in the community when you are discharged. Your case manager will help you to develop a plan for being smokefree while you are in hospital.

Spending time in hospital can be a good time to quit smoking, especially when no-one else is smoking and the environment is smokefree.

Free Nicotine Replacement Therapy (NRT) is available while you are in hospital. The patches, gum and lozenges provide “clean” nicotine - without the 4000 toxins in cigarettes – and will reduce cravings.

Family and friends can play an important role in helping you to quit smoking by maintaining a smokefree environment. They may even want to quit smoking too.



Being smokefree

If you are experiencing difficulties being smokefree during your time in mental health services, you can speak to any of the nursing staff. If you are using NRT, the urge to smoke often passes within five minutes, so calling on a support person to help you through that period is important.

Family members are asked to not bring cigarettes with them when they visit you. In the community, support to quit smoking is available from a family doctor or nurse, or by phoning:

Quitline	0800 778 778
Aukati Kaipapa	0800 425 700
Pacific Cessation Service	03 366 3990

Will my visitors be able to smoke?

Visitors will not be able to smoke and will be asked to leave their cigarettes at home when they visit. Visitors are encouraged to use NRT or other medications to assist in preventing cravings during the visiting period. These are available from a family doctor or nurse, or by phoning Quitline on 0800 778 778.