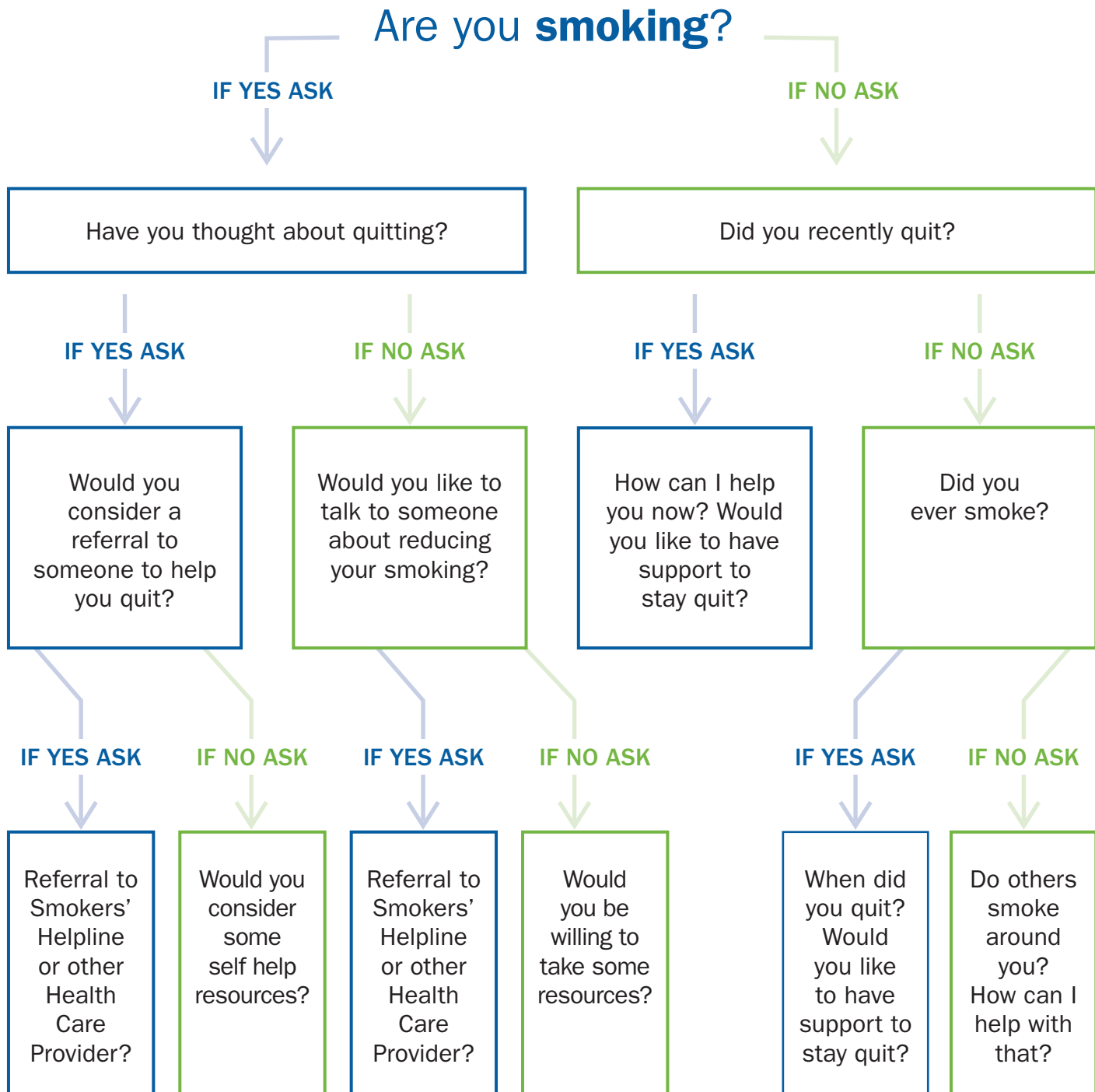


Screening Tool for Tobacco Use

Ask, Advise, Refer



Adapted with permission from: Eastern Health, 2018

Talking Points

Have you thought about quitting? Quitting or reducing the amount you smoke is the best thing you can do for your health (...if clients disclose smoking cannabis or other drug use, advise clients to discuss further with their Health Care Provider).

Did you recently quit? Yes – Congratulations, by not smoking you keep yourself healthier.

Referral to Smokers' Helpline or other Health Care Provider? I can refer you to your Public Health Nurse or to the Smokers' Helpline where you will receive support on how to quit smoking and stay smoke-free. The Helpline is a free, local service that is confidential. (*Referral form available at www.smokershelp.net*)

Would you consider some self-help resources? I can provide you with some handouts. When you are ready to quit or want more information on quitting talk to your Health Care Provider or connect with the Smokers' Helpline. The Helpline is a free, local service that is confidential. You can check it out online at **www.smokershelp.net**. Call **1-800-363-5864** or Text **709-700-7002**.

Would you be willing to take some resources? If you would like some information on smoking and your health, I can provide you with some handouts. You can also talk to your Health Care Provider or connect with the Smokers' Helpline. The Helpline is a free, local service that is confidential. You can check it out online at **www.smokershelp.net**. Call **1-800-363-5864** or Text **709-700-7002**.

Would you like to have support to stay quit? You will have a better chance of staying quit if you have support. It is important to have someone you can talk to such as a friend, family member, your Health Care Provider, myself or someone here at the Family Resource Centre. I can also refer you to the Smokers' Helpline. The Helpline is a free, local service that is confidential. You can call the Helpline yourself or check it out online at **www.smokershelp.net**. Call **1-800-363-5864** or Text **709-700-7002**.

Do others smoke around you? Yes – It is important to avoid second-hand smoke as much as possible. There is no safe level of second-hand smoke. I can provide you with some information.



Adapted from: Helping Women Quit, A guide for non-cessation workers, British Columbia Ministry of Healthy Living and Sport, 2005