

## Drinking makes it harder to stay quit

*He uaua ake te mutu i a koe ka inu waipiro*

It's harder to cope with quitting if you drink alcohol because for many people, having a drink is a trigger to smoke a cigarette.

For the first few weeks as a non-smoker, you will find it easier to avoid places where you usually drink alcohol.

A relapse does not mean you have failed – it means it is hard for you to stay quit when you are drinking alcohol.

## If you drink when you socialise:

*Ki te inu waipiro koe i ngā wā ngahau:*

- Try non-alcoholic drinks.
- Be with people who don't smoke – ex-smokers can help support you.
- Ask smokers not to smoke near you – if they smoke, move away from them.
- Say "I don't smoke", "I am a non-smoker", or "I don't want to smoke".
- Meet up with friends in smokefree places.
- Get a buddy to keep checking you are OK when you are in a place with smokers.
- Make your home and car smokefree.
- Tell yourself it doesn't matter what other people think – it's your smokefree life.

## Use the four Ds

*Whakamahia ngā 'D' e whā*

**Delay:** Delay having a cigarette for five minutes, or until the urge passes.

**Drink water:** Take some time out, sip it slowly.

**Deep breaths:** Breathe slowly and deeply.

**Do something else:** Keep your hands busy.

**For more help, call**

**Quitline**  
**0800 778 778**



# infosheet

# The Quit Group

## TE ROOPU ME MUTU

### About the Quit Group

The Quit Group is a non-profit organisation established in 1998. It employs more than 90 staff and operates the following services to encourage people to stop smoking:

- **Quitline** 0800 778 778, the highly successful advice and support service
- The Quit website **www.quit.org.nz**
- **Quit campaigns**, including *Video Diaries*, *Every cigarette is doing you damage* and the Health Warnings campaign in support of the Ministry of Health's graphic pictorial health warnings programme
- **Quit Cards**, which enable health providers to distribute cards for low-cost nicotine patches, gum or lozenges
- **ProQuit** services to support health professionals and community providers to implement the ABCs of smoking cessation
- **Quit@work**, which provides smokefree policy advice and support to workplaces
- **Txt2Quit** – a world-leading, text-based interactive smoking cessation support service
- **Research and evaluation**, which ensures Quit Group services are based on sound evidence.

**PO Box 12 605, Wellington**

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**Email [quit@quit.org.nz](mailto:quit@quit.org.nz)**

**URL [www.quit.org.nz](http://www.quit.org.nz)**

**Quitline 0800 778 778**

Pictures by Adrian Heke

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## Drinking and smoking

*Te Inu Waipiro me te Kaipapa*



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