

# Simplified Tobacco Treatment Resource

An intervention framework for people on psychotropic medication



Offer support through cognitive behavioural therapy and/or motivational interviewing

**Ask**  
regularly about  
smoking

**Advise**  
people who  
smoke to quit

**Help**  
Assess and treat  
dependence

**Varenicline** is a  
safe first line  
option for most  
people on  
psychotropic  
medication

**NRT** used with  
varenicline may  
improve  
effectiveness

Where varenicline is  
not suitable

Use **combination  
NRT (long and  
short acting)**

NRT can be started  
**before** a person  
commits to quitting

**Provide ongoing quit  
support**

To reduce relapse risk,  
**continue**  
varenicline/NRT after  
the person stops  
smoking

A second course of  
varenicline may  
reduce relapse

Regularly review for nicotine withdrawal symptoms and adverse reactions