

## Local First Smoking Cessation Hotline for Youth by HKU

Although there is established evidence about the health hazards caused by smoking, the prevalence of smoking amongst young people is still high. Outreach youth social workers indicated that smoking cessation service specially designed for young smokers is needed to improve the low quit rate amongst them.

In view of this, the Departments of Nursing Studies, Community Medicine and Social Work and Social Administration, the University of Hong Kong, in collaboration with the Hong Kong Council on Smoking and Health, provide a local brand new hotline service named “Youth Quitline” to local young smokers aged from 12 to 25. The youth quit line is specially designed to meet the specific needs of young smokers, the characteristics are:

1. Peer counselors: HKU nursing students, medical students, and social work students are trained to be peer counselors.
2. No pressure attached: Counselors will consider clients’ readiness to quit and provide stage-matched smoking cessation interventions.
3. Advice on healthy lifestyle: Counselors will advise about physical exercises and diet menus for weight control during the quitting process.
4. Flexible operation hours: Monday to Friday (4 – 10 p.m.); Sat & Sun (1 – 10 p.m.) (except during public holidays).
5. Privacy and confidentiality: Free talking can be obtained over the phone. All information will be kept confidential.

For interested individuals, please call 2855 9557 and visit our website (<http://www.hku.hk/yquit>).