



Text QUIT to 66777



01983 642369



What happens when you join the stop smoking service?

Step by step



A member of our team will contact you when you have made a referral in order to schedule your appointment with a stop smoking adviser at a clinic located near you.

The program offers 12 weeks of support and includes free nicotine replacement products (NRT) or vouchers for free vape starter kits.

Your first appointment



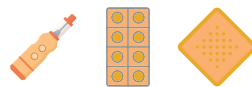
During this 30-minute appointment, you will meet with your advisor, discuss your smoking patterns and lifestyle, set a quit date, and take a quick carbon monoxide test. This involves holding your breath for 15 seconds, then exhaling slowly into a tube to completely empty the lungs. Your advisor will explain more about carbon monoxide, which is the dangerous gas that you inhale when you smoke, found in boilers and car exhausts.

They will discuss behaviour change, which means doing things differently to help break the habit of smoking.

Medication such as nicotine patches or a vape will also be discussed to use as part of your stop smoking program, helping you manage your cravings.

Our advisers are very understanding and together you will find the best way to stop smoking. We are here to help!

Follow up appointments



The follow-up meetings are 10 to 15 minutes long. You'll have the opportunity to chat with your advisor about your week, review your medication, and exchange advice on how to remain smoke-free. The advisor will also measure your carbon monoxide levels each week to measure your improving health.

After being smoke-free for four weeks, your appointments will change to every 2 weeks. During this period, your advisor will assist you in gradually reducing the strength of the medication so that, by the end of 12 weeks, you can achieve freedom from both smoking and nicotine addiction.



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