

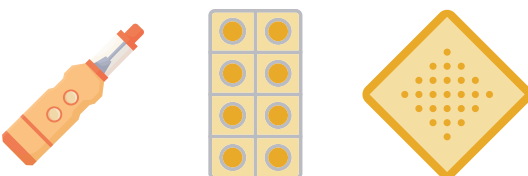


Step by step

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



The programme offers 12 weeks of behavioural support and includes free nicotine replacement products (NRT) for 6 weeks or vouchers for free vape starter kits.



When you have been smoke-free for four weeks, you will speak with your advisor every other week until the programme ends.

How to refer

You can either be referred to our service through your GP or Healthcare Professional, or you can self-refer by texting the QUIT line, calling us, or scanning the QR code below and completing the self-referral form on our website.

 **Text QUIT to 66777**

 **01983 642369**

   **@SmokefreeIsland**

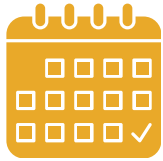
 **SmokefreeIsland.co.uk**



Do you want to quit smoking for good?

Here is how we can help.

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.



At your appointment, your advisor will explain more about carbon monoxide, which is the dangerous gas found in boilers and car exhausts that you inhale when you smoke.



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 programme, helping you manage your cravings.

Our expert, trained, and friendly advisors are very understanding, and together you will find the best way to stop smoking.



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.

