




**LOCAL NHS STOP SMOKING SERVICES**  
For one-to-one or group-based advice. Just text  
**GIVEUP** plus your postcode to **88088**

**NHS Smoking Helpline**  
7am-11pm every day  
**0800 169 0169**  
Textphone  
**0800 169 0171**  
For free advice, help and support

For online help and support and  
the chance to 'Ask an Expert'  
**WWW.NHS.UK/GOSMOKEFREE**

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Your local GP or pharmacist  
**FOR PRODUCTS TO REDUCE  
NICOTINE CRAVINGS**

**NHS Pregnancy Smoking Helpline**  
12pm-9pm every day  
**0800 169 9169**


**NHS Asian Tobacco Helplines**  
1pm-9pm Tuesdays  
**0800 169 0 881** URDU  
**0800 169 0 882** PUNJABI  
**0800 169 0 883** HINDI  
**0800 169 0 884** GUJARATI  
**0800 169 0 885** BENGALI

  
**SMOKEFREE**

# GO IT ALONE GET SUPPORT

There's a whole range of different ways to stop smoking.

  
**SMOKEFREE**

A middle-aged man with a friendly smile, wearing a blue towel draped over his shoulders and white swimming goggles on his head. He is outdoors against a clear blue sky.

I'M NOT ONE FOR STATISTICS, BUT WHEN I HEARD THAT YOU'RE FOUR TIMES MORE LIKELY TO STOP WITH YOUR LOCAL STOP SMOKING SERVICE, I THOUGHT IT HAD TO BE WORTH TRYING.

## YESTERDAY TOMORROW

Just picking up this brochure means you're already thinking seriously about going smokefree. That's great. You've taken the first and biggest step. But what's next? How do you actually go about stopping smoking? Don't worry. Here you'll find pointers to all the support you need.

# HABIT CHOICE

As many as seven out of ten smokers want to go smokefree, but not all of them want to give up the same way. That's why we've developed a range of different methods all dedicated to the same end – being smokefree. Choose the one that fits your life.

When it comes to going smokefree, there are some things you can do to lay the groundwork – such as telling your friends and family and picking a day to stop smoking. But after that, there's a choice to be made.

It's important to pick the right method. You may want to swap tips with others or it may be more important to get

motivational support at home. Whatever your priorities, your best chance of success is to find the method, or the combination of methods, that work for you.

All the methods detailed here put you in touch with professional support, expert help and trusted medication. Best of all, they're free.

## MAKE YOUR CHOICE BASED ON HOW YOU LEAD YOUR LIFE

- NEED TO SHARE?**  
Get free help from trained experts at your local NHS Stop Smoking Service. You're more likely to succeed using this method.
- WANT TO SEE FOR YOURSELF?**  
Relying on willpower alone is not something we'd recommend. Whichever way you choose to go smokefree, it helps to keep a record of your progress. There's a special space for this in our free Stop Smoking, Start Living guide – contact us on the number below to get your copy.
- PRESSED FOR TIME?**  
Lots of support at the critical time is key to going smokefree. Sign up with the Together Programme and we'll send you everything you need.
- FEEL TEMPTATION?**  
From patches to gum, microtabs, inhalators and more, there are lots of products out there to help with the nicotine addiction.
- NEED ANY HELP?**  
The NHS Smoking Helpline and website are always there to give you free advice, help and support.  
Call us on **0800 169 0 169**  
or go to **WWW.NHS.UK/GOSMOKEFREE**

# ME WE

At your local NHS Stop Smoking Service we will give you the support you need when you want to go smokefree. We're staffed with expert professionals who will be only too pleased to help you understand why you smoke and create a plan to help you go smokefree.

We will get you working with a trained adviser, either in a group or one-to-one – it's up to you. You'll be encouraged to set a stop smoking date and turn up for sessions after that. Your adviser will also be able to check your individual level of addiction and advise you on the best treatments to help you quit.

## MEET WITH A GROUP

Most groups meet for an hour a week for six or seven weeks. You'll usually spend the first two sessions planning and preparing to stop, then go smokefree in the third week. Many people find that sharing the experience with others helps them stay on track.

## TALK FACE-TO-FACE

If you would prefer the privacy of one-to-one support, you can get it in most areas.

To locate your local NHS Stop Smoking Service, call the helpline on **0800 1690 169**, visit **[WWW.NHS.UK/GOSMOKEFREE](http://WWW.NHS.UK/GOSMOKEFREE)** or text **GIVE UP** with your full postcode to **88088**.

"I WENT TO WEEKLY SESSIONS AS PART OF A GROUP GIVING UP SMOKING. KNOWING YOU'RE NOT ALONE AND THAT OTHERS ARE GOING THROUGH EXACTLY THE SAME FEELINGS AS YOU REALLY HELPS TO KEEP YOU ON TRACK." LISA, LONDON.



# CRAVE SAVED

There are plenty of nicotine replacement products out there because everyone's different. Some people find nicotine cravings the hardest thing to handle about going smokefree. If that sounds like you, then no need to worry. They'll give you the extra support you need to beat the addiction.

You can get lots of different types of Nicotine Replacement Therapy (NRT) – and they work. NRT doubles your chances of successfully going smokefree by helping you manage your withdrawal symptoms.

Nicotine replacement products can help you beat your physical addiction to nicotine. After the cravings pass, you'll find it much easier to overcome the mental side of the habit.

Some people think that using NRT is just 'swapping one addiction for

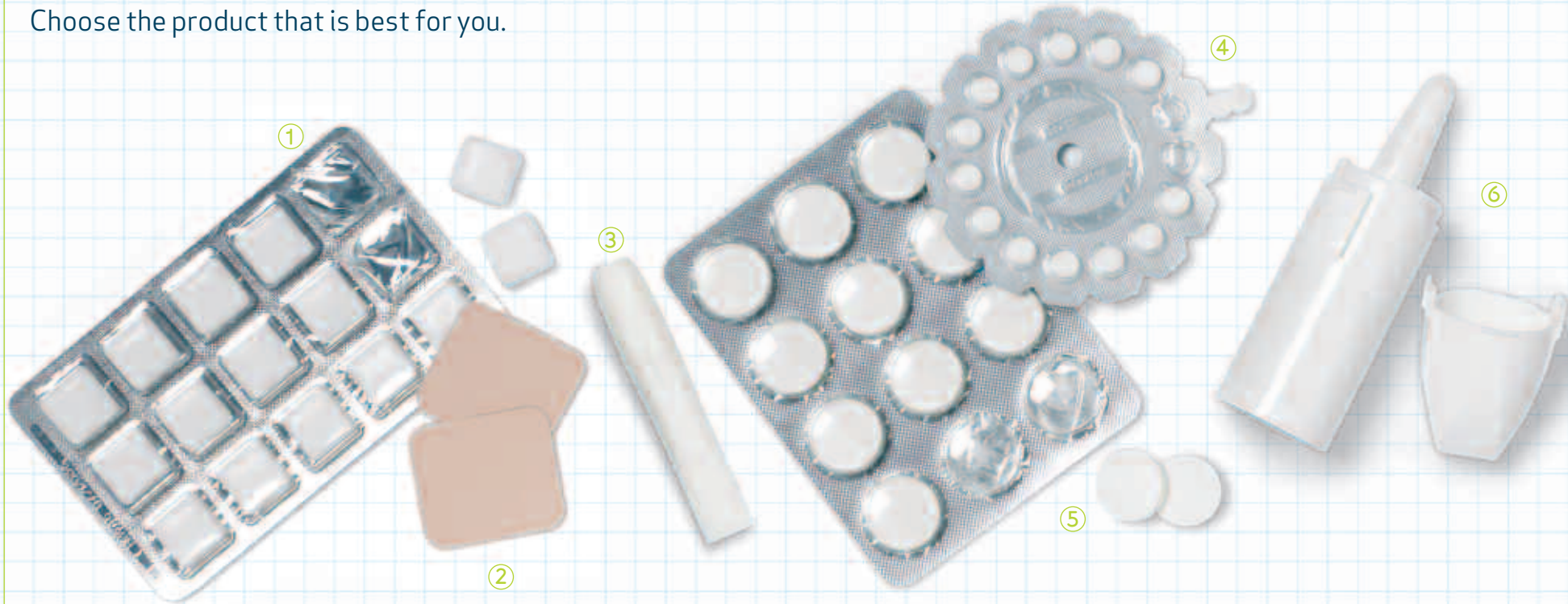
another.' But this is untrue. Because it goes into your body differently to nicotine from cigarettes, NRT is much less addictive. And NRT does not contain tar, poisons or carbon monoxide like cigarettes do, so it doesn't cause cancer.

You can get a prescription for NRT or buy it over the counter. It is suitable for most adults, but if you have a heart or circulatory condition, or are on regular medication, you should check with your doctor. Similarly, if you are pregnant, you should ask your doctor or midwife before using NRT.

"I WOULD TAKE MY MIND OFF CRAVINGS BY CHEWING GUM,  
ESPECIALLY HELPFUL WHEN DRIVING" RAXIT, LONDON.

## WHAT NEXT?

Choose the product that is best for you.



### 1. GUM

Chew the nicotine gum gently and then 'park' it in the side of your mouth. The nicotine is then absorbed through the lining of your mouth.

### 2. PATCHES

Nicotine patches work well for most smokers and can be worn around the clock (24 hour patches) or just during the day (16 hour patches).

### 3. INHALATOR

Much like a plastic cigarette, the inhalator releases nicotine vapour which gets absorbed through your mouth and throat. If you miss the hand to mouth aspect of smoking these may suit you.

### 4. MICROTABS

These small tablets contain nicotine and dissolve when you place them under your tongue.

### 5. LOZENGES

Lozenges are sucked slowly to release the nicotine and take about 20-30 minutes to dissolve.

### 6. NASAL SPRAY

The spray delivers a swift and effective dose of nicotine through the lining of your nose.

As well as NRT, there are other products available on prescription that do not contain nicotine that can help you go smokefree, such as:

### ZYBAN (NOT SHOWN)

Zyban (Bupropion Hydrochloride) is a treatment which changes the way that your body responds to nicotine. You start taking Zyban 1 to 2 weeks before you quit and treatment usually lasts for a couple of months to help you through the withdrawal cravings.

### CHAMPIX (NOT SHOWN)

Champix (Varenicline) works by reducing your craving for a cigarette and by reducing the effects you feel if you do have a cigarette. You set a date to stop smoking, and start taking Champix tablets 1 or 2 weeks before this date. Treatment normally lasts for 12 weeks.

TO FIND OUT MORE ABOUT NRT, SPEAK TO YOUR STOP SMOKING ADVISOR, OR ALTERNATIVELY ASK YOUR LOCAL GP OR PHARMACIST.



“THE REGULAR EMAILS THAT CAME REALLY HELPED ME TO FOCUS ON WHAT I WAS TRYING TO DO, AND KEPT ME FOCUSED ON THE BENEFITS OF GIVING UP! I WAS AMAZED AT HOW THE EMAILS WOULD COME AND DESCRIBE SOME OF THE SYMPTOMS, JUST AT THE TIME THAT I WAS EXPERIENCING THEM!”  
CLARE,  
WARRINGTON.

# ALONE TOGETHER

Sign up with the Together Programme and we'll post you the information packs you need and advise you at all the critical stages, with supportive text messages, emails and phone calls. So if you can't make the local NHS Stop Smoking Service meetings, you can still get the support of other people. And all for free.

Join the Together Programme and you'll find a team of dedicated people on your side helping you go smokefree. We'll deliver the help you need directly to your home.

All you need to do before you get in touch is have a clear idea of the day you'll stop smoking. After that, we'll be with you every step of the way.

Well ahead of your stop date, just before it and after it we'll be in touch with help, advice and encouragement. After three months, we'll offer you advice on staying smokefree.

And because this help is based on tips from ex-smokers as well as medical research, you'll find it's practical as well as beneficial.

To join the Together Programme call **0800 169 0 169** and say 'Together advisor'. Or else visit [WWW.NHS.UK/GOSMOKEFREE](http://WWW.NHS.UK/GOSMOKEFREE) and click on 'Together Programme'.

# YESTERDAY TODAY

When you're focused on the task of going smokefree, it helps to think about your reasons for stopping and plan how you'll deal with your withdrawal symptoms. That way, you'll be more confident and less likely to slip up along the way. Get our Stop Smoking, Start Living guide and fill it in while you're getting ready to go smokefree.

## **STOP SMOKING, START LIVING**

The Stop Smoking, Start Living guide will help you whether you're going to a local NHS Stop Smoking Service, using Nicotine Replacement Therapy or trying some other method. It's been specially designed to support you at all the critical moments.

You'll find plenty of useful self-help exercises to help you along the way including tips on how to cope. You'll soon have got to the end of the journey. What are you waiting for?

For a free copy of the Stop Smoking, Start Living guide, call **0800 169 0 169** or visit [WWW.NHS.UK/GOSMOKEFREE](http://WWW.NHS.UK/GOSMOKEFREE)

## **SMOKEFREE HELPLINE**

The NHS Smoking Helpline is staffed by friendly and knowledgeable professionals who can give you all the help and information you need. Just call **0800 169 0 169**

## **SMOKEFREE WEBSITE**

Our website is another way to go smokefree. It contains a wealth of useful information, tips, help and support. Just visit [WWW.NHS.UK/GOSMOKEFREE](http://WWW.NHS.UK/GOSMOKEFREE)