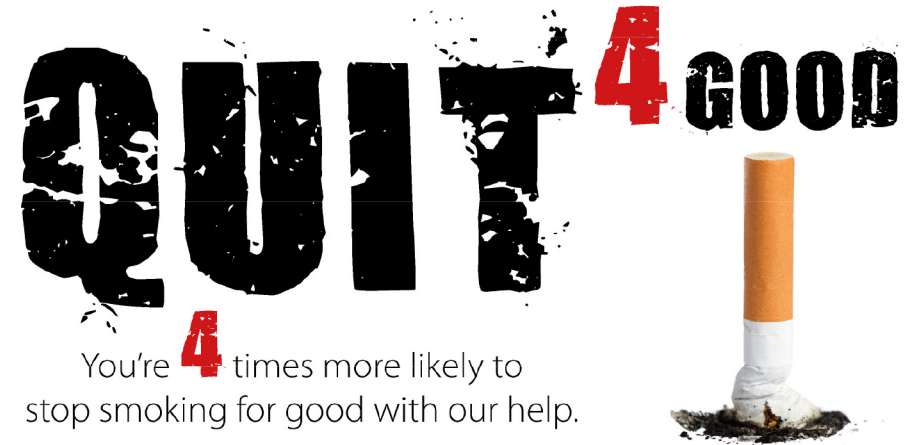

Other sources of support

National NHS Smokefree Helpline

 0300 123 1044

Websites

 www.quit4good.co.uk



Warwickshire Stop Smoking Service

Providing all the support you
need when you are ready to quit



About stopping smoking

Stopping smoking is the single most important thing you can do to improve your health.

Think about how great you would feel if you stopped smoking for good. What would it be like to wake up every day feeling completely fresh and free, with more energy, more money, more life. The Stop Smoking Service can help make this happen.



Accessing the Service

It may be that the place you picked up this leaflet provides a Stop Smoking Service, but if not you can find your local Service through

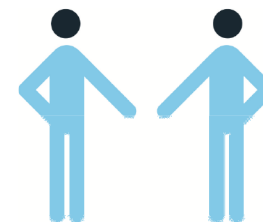


www.quit4good.co.uk

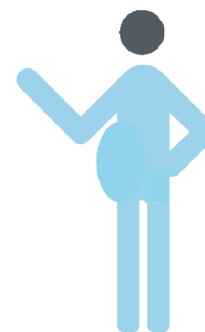
What to expect from the Service

The right support for you:

- We will get you working with a trained Stop Smoking Advisor
- Your first meeting with the Advisor will be for half an hour to plan how you will stop smoking
- You will be encouraged to set a quit date
- Your Advisor will check your level of addiction and advise you on the best treatment to help you quit, including the different stop smoking medicines
- A regular carbon monoxide check will track your progress and let you see how your body recovers once you stop smoking
- You will have regular appointments for up to 12 weeks to monitor your progress



If you are pregnant:



- We have a specialist Stop Smoking in Pregnancy Service where an Advisor can visit you at home
- You can also access any of our other Services
- You will get free nicotine replacement products