



STOP SMOKING SUPPORT

Hertfordshire Health Improvement Service offers a 12 week support service to help people who smoke quit smoking tobacco.

During the first appointment with a Stop Smoking Advisor clients will:

- Discuss the treatment programme & create a quit plan
- Advise on the use of medications to stop smoking
- Discuss using E-cigarettes as an aid to stop smoking (for 18+)
- Set a quit date to stop smoking completely

ELIGIBILITY TO ATTEND A STOP SMOKING SERVICE

To be eligible for a referral to the Stop Smoking Service patients must:

- Be currently smoking **tobacco**
- Live, work OR be registered with a GP in Hertfordshire
- Be ready to set a quit date at their 1st appointment

VAPING

Those who are vaping (using e-cigarettes) **ONLY** are not eligible for a referral to the Stop Smoking Service. Suggested methods to stop vaping include:

- reduce your frequency of vaping over time
- gradually reduce the strength of nicotine in your e-liquid

Vaping is not recommended for children or non-smokers, but for those that smoke, Public Health England estimates vaping to be 95% safer than smoking

FOR MORE INFORMATION

Ask your GP or local Pharmacy - they may also provide this service

Visit www.hertfordshire.gov.uk/stopsmoking

Call **0800 389 3998** or Text **SMOKEFREE** to **80818**