



# Stopping Smoking: Ongoing support from your pharmacy



Trying to stop smoking is one of the best decisions you can make for your own health, the health of your baby and your finances.

## Help with giving up smoking



Whatever your reasons for stopping smoking, we are here to support you all the way.

## How does it work?

We are testing providing stop smoking support in some local pharmacies



Support is available to:

- Individuals trying to conceive,
- Pregnant individuals,
- Individuals who have a child less than 12 months old
- Household members.

You can be **referred** or you can **self-refer**

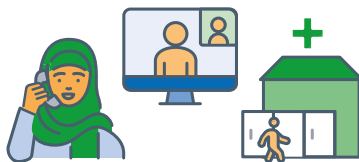
**You can choose the pharmacy you want to support you.**

**All pharmacies offering the service have a trained person available to help you with your quit attempt.**

**You may prefer one that is closest to your home or place of work, or one that offers more flexible opening hours.**



## What happens when I am referred?



A **referral** will be sent by a healthcare professional to a pharmacy offering the maternity stop smoking support.

The pharmacy will attempt to contact you **at least 3 times** to arrange a convenient appointment, either **face-to-face, by telephone or video call**.

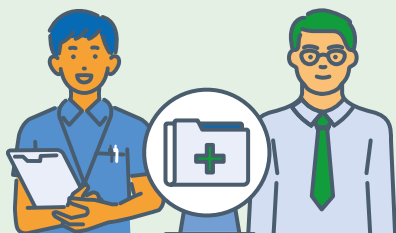
If you have not heard from your chosen pharmacy in **5 days**, please contact them directly on the phone number listed.



## How do I self-refer?

All you need to do is **visit** or **ring** the pharmacy and speak to a member of staff about accessing the maternity stop smoking support and they will assist you.

## How will we use your information?



We will only use your personal information when we need it, to manage your care safely.

## Which pharmacies are offering this service?

Please scan the QR code for further details on which pharmacies in your local area are testing providing stop smoking support.



### Further information

You can find out more by going to the following websites:

[www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit](http://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit)

[www.nhs.uk/conditions/stop-smoking-treatments](http://www.nhs.uk/conditions/stop-smoking-treatments)



## Pharmacy contact details

A large white rectangular area intended for listing pharmacy contact details, set against a light green background.