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## Other sources of support

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### National NHS Smokefree Helpline

 0300 123 1044

### Websites

 [www.quit4good.co.uk](http://www.quit4good.co.uk)



## Warwickshire Stop Smoking Service

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

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## About stopping smoking

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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, and more life?

The Stop Smoking Service can help make this happen.

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## Accessing the Service

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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 our website.



[www.quit4good.co.uk](http://www.quit4good.co.uk)

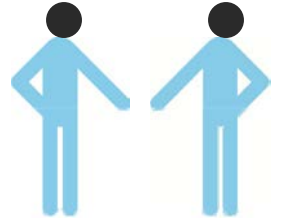
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## What to expect from the Service

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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



You are four times more likely to quit with nicotine replacement therapy and support from a Stop Smoking Advisor.

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## If you are pregnant

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- 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

Call or text **07917 227 004** for more information

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