Support to Stop Smoking

This easy read tells you about support to help you stop smoking.

Stopping smoking is one of the best things you can do for your health.

There is lots of support to help you quit.

It is never too late to stop smoking.

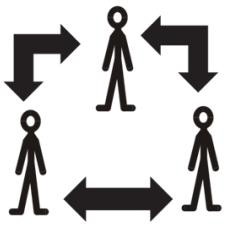
Stopping smoking is good for:

- Your health.

- Your family and friends' health.

- Spending less money.

People who try to stop smoking with the support of local stop smoking services are much more likely to quit.

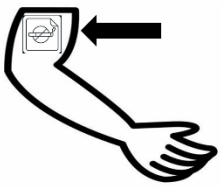


You do not have to do it on your own.

There is a range of local support that can help you stop smoking by:

- Looking at the best way to help you.

- Explaining what is happening to your body when you are stopping smoking.



- Offering you free stop smoking aids like nicotine replacement therapy (NRT) or vapes.

Your Health Notts

If you are aged 12 years old and over, you can get free, friendly support from the fully trained stop smoking advisors at Your Health Notts.

Your Health Notts is the service **commissioned** by Nottinghamshire County Council to support Nottinghamshire residents.

Commissioned means that the council asked Your Health Notts to help, hired them, and pay for their services.

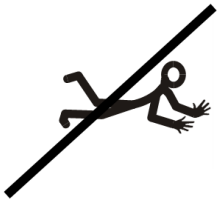
Your Health Notts helps people who live in Nottinghamshire to:

- Get active.

- Lose weight.

- Drink less alcohol.

- Stop smoking.



Your Health Notts also give support for falls prevention and family weight management.

For the most up-to-date information about Your Health Notts:

- Visit the Your Health Notts website here.

- Telephone: 0115 772 2515

- Email: yourhealth.notts@nhs.net

- X @yhnotts
- Instagram @yhnotts
- Facebook @yhnotts

Other Support and Services

- NHS Quit Smoking

- NHS Stop smoking in pregnancy

- Smokefree England

Phone the National Smoke Free Helpline on 0300 123 1044

Customer Service Centre

Our Customer Service Centre can answer most of your questions and help with information and form filling.

There are several ways to contact them, including:

Web: Use our online contact form

Telephone: 0300 500 80 80

Relay UK

Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the Relay UK app.

SignVideo

Sign Video

People who use British Sign Language to communicate can use the SignVideo app to speak with us.

Phone 0300 500 80 80 if you need the information in a different language or format.

Links in this document

Your Health Notts

yourhealthnotts.co.uk/

NHS Quit Smoking

nhs.uk/smokefree

NHS stop smoking in pregnancy

nhs.uk/pregnancy/keeping-well/stop-smoking/

Smokefree England

smokefreeengland.co.uk/thefacts/the-regulations/

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

www.relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

For the standard English web page version of this information, go to:

Support to stop smoking | Nottinghamshire County Council

https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/stopping-smoking

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