

What to expect at a stop smoking session?

When you sign up with us, you sign up to a twelve-week support programme designed to help you stop smoking. This means that from the time you register with us you have 12 consecutive weeks of evidence-based support to help you quit. We will book you in for your first appointment at a time that suits you and allocate you your own stop smoking advisor. You choose whether to have your sessions over the phone or in person. Your advisor will support you throughout the 12 weeks with weekly or fortnightly sessions. They will help you choose the stop smoking medication most suitable to your lifestyle/needs. Nicotine Replacement Therapy is supplied via local participating pharmacies and is free if you are exempt from prescription charges.

Your first session

At your first session, you'll discuss with your advisor why you smoke and why you want to quit, as well as any attempts you've made to quit in the past. You can use this time to talk through your situation with your advisor and if you do decide to quit, your advisor will help you form an action plan and set a quit date, the date on which you will stop smoking ('not a puff')

Your advisor will also help you with:

- tips on managing withdrawal symptoms
- tips on coping with smoking triggers
- clear information on what to expect when trying to quit and how to deal with difficult situations
- information about e-cigarettes ('vapes')
- guidance and access to Nicotine Replacement Therapy (NRT) and how to get the best out of it

You do not have to use stop smoking medication, but research shows that medication and support triples your chances of quitting successfully

The first session is the longest session and usually lasts around 30 minutes.

Follow up sessions:

At all subsequent meetings, your advisor will check in with you, ensuring you are using your NRT correctly and addressing any concerns or difficulties that you have been having since you last met.

Follow-up sessions usually last between 10-20 minutes.

What happens after your sessions have ended?

We really want you to stay quit. If after you've finished your sessions, you need a little more support just call us on **0800 046 9946**. Whatever happens, we will check in with you at six and twelve months to see how you are doing and it's usually possible to rejoin the programme if you need to quit again.