

FREE SUPPORT FOR SMOKERS

HOW YOU CAN HELP

Deliver **very brief advice** for smoking cessation (**VBA**) which is a **simple** form of advice used **opportunistically** and takes less than **30 seconds**.

ASK DO YOU SMOKE?



ADVISE FREE HELP IS AVAILABLE

"the best way to stop smoking is with a combination of medication & specialist support"



ACT REFER TO SMOKEFREE HAMPSHIRE:

1. online referral form accessed via www.smokefreehampshire.co.uk
2. phone 01264 563039
3. email smokefree.hampshire@nhs.net

WHAT WE OFFER

A **free 12-week** evidence-based smoking cessation intervention which includes **behavioural support** in combination with a **pharmacological** product.

We can provide:

- a free supply of **NRT** (postal delivery)
- **e-cigarette** voucher

Evidence shows the most **effective** way to help a smoker is with a **combination of behavioural support and pharmacotherapy**

For more information about Smokefree Hampshire: smokefree.hampshire@nhs.net
www.smokefreehampshire.co.uk