

NHS

Stopping Smoking: Ongoing support from your pharmacy



Help with giving up smoking

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

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

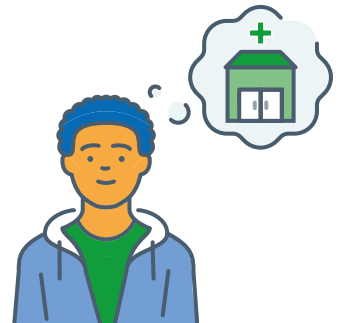


How does it work?



Before you leave hospital, the smoking support staff will ask you which pharmacy you would like to support you when you go home.

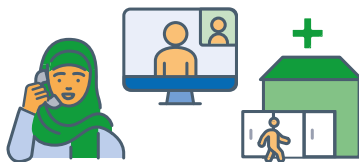
You can choose the pharmacy you want to support you. All pharmacies offering the service have a trained person available to help you with your quit attempt. You may prefer one that is closest to your home or place of work, or one that offers more flexible opening hours.



What happens next?



Before you leave hospital, the pharmacy will be notified that you wish to receive support and help from them.

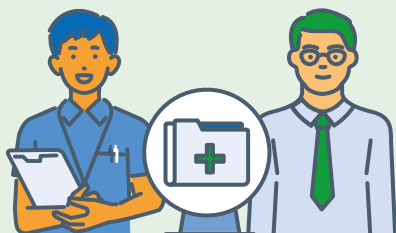


Once you are home, they will attempt to contact you **at least 3 times** to arrange a convenient appointment, either **face-to-face, by telephone or video call**, so that you don't run out of the medicine you need to help you stop smoking.

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



How will we use your information?



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



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

www.nhs.uk/conditions/stop-smoking-treatments



Pharmacy contact details

Blank white area for pharmacy contact details.