

## Smoking Cessation

We understand that you wish to stop smoking/ require assistance to do so.

The following information has been obtained via the Harrow Council Website:

[http://www.harrow.gov.uk/info/100010/health\\_and\\_social\\_care/1180/harrows\\_stop\\_smoking\\_service](http://www.harrow.gov.uk/info/100010/health_and_social_care/1180/harrows_stop_smoking_service)

Stopping smoking is one of the most important and worthwhile decisions you will ever make. No matter how long you have smoked for, quitting can help both your physical and mental health immediately.

Smoking damages your body in many ways, the day-to-day effects on your heart, your breathing, and causing or contributing to longer-term smoking-related diseases such as heart disease, cancer and stroke. Your smoke can also harm your family's health, by going smokefree you can change that!

So, if you are ready to quit, here's how to access the help that is available: The [NHS Smokefree](#) website (<https://www.nhs.uk/smokefree>) offers a few options to smokers who want to quit:

- Specialist advice from the national Smokefree website; millions have used the Smokefree support to help them stop smoking.
- Download a Smokefree app such as [SF28](#) or [Smoke Free by David Crane](#). Both apps are available for Apple and Android devices as are many others.
- [Order a Quit Kit \(https://quitnow.smokefree.nhs.uk/\)](https://quitnow.smokefree.nhs.uk/)
- There is also a range of support on offer via email, SMS, online chat or phone - call 0300 123 1044 and choose option 2 to speak to an advisor (during office hours)

Additional support for smokers:

Public Health England's One You Campaign has been created to help you get back to a healthier you, supporting you to make simple changes towards a longer and happier life. One You provides tools, support and encouragement every step of the way, to help improve your health right away. You are not alone - One You can help you make small changes yourself, or with friends and family. For more information go to [www.nhs.uk/oneyou/smoking](http://www.nhs.uk/oneyou/smoking)

Quitting smoking isn't easy, but when you see the dramatic improvements to your life and health, you'll realise it was the best health decision you ever made.

Meeting people who have already been there can make all the difference. When you follow the NHS Smokefree Facebook page you meet successful quitters and other individuals embarking on the same journey as you. There are also live Q&A sessions where Smokefree advisors will answer all of your stop smoking questions. The No Smoking Day Forum (<https://healthunlocked.com/nosmokingday>) also provides a supportive environment for you to share your quit journey with others, get support and share successes.

**If you would like this letter or information in an alternative format (for example, large print or easy read), or if you need help communicating with us (for example, because you use British Sign Language), please let us know. You can call us on 0208 422 5602 or email [haroccg.e84022@nhs.net](mailto:haroccg.e84022@nhs.net)**