

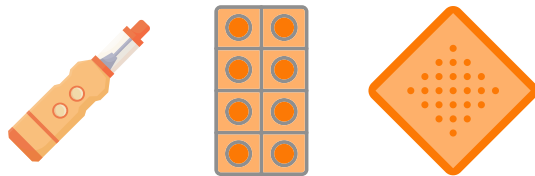


## Step by step

A member of our team will contact you when you have made a referral in order to schedule your appointment with a stop-smoking adviser at a clinic located near you.



The program offers 12 weeks of support and includes free nicotine replacement products (NRT) or vouchers for free vape starter kits.



When you have been smoke-free for four weeks, you will speak with your adviser every week until the program ends, at which point it can be changed to every 2 weeks.



**Text I QUIT to 66777**



**01264 563039**

or

**0800 772 3649**



**@SfreeHampshire**



**@SmokefreeHampshire**



**SmokefreeHampshire.co.uk**

# What happens when you join the stop smoking service?



**Hampshire**  
County Council

# Your first appointment



During this 30-minute appointment, you will meet with your advisor, discuss your smoking patterns and lifestyle, set a quit date, and take a quick carbon monoxide test. This involves holding your breath for 15 seconds, then exhaling slowly into a tube to completely empty the lungs.



At your appointment, your advisor will explain more about carbon monoxide, which is the dangerous gas found in boilers and car exhausts that you inhale when you smoke.



They will discuss behaviour change, which means doing things differently to help break the habit of smoking.



Medication such as nicotine patches or a vape will also be discussed to use as part of your stop-smoking program, helping you manage your cravings.

Our expert trained and friendly advisers are very understanding, and together you will find the best way to stop smoking.



# Follow up appointments

The follow-up meetings are 10 to 15 minutes long. You'll have the opportunity to chat with your advisor about your week, review your medication, and exchange advice on how to remain smoke-free. The advisor will also measure your carbon monoxide levels each week to measure your improving health.

After being smoke-free for four weeks, your appointments will change to every 2 weeks. During this period, your advisor will assist you in gradually reducing the strength of the medication so that, by the end of 12 weeks, you can achieve freedom from both smoking and nicotine addiction.

