Children and Young Person - Referral Pathway

smokefree HAMPSHIRE

1. Identification / Concern

A young person (aged 12-18) is identified as smoking or vaping or is at risk of starting

2. Discuss Support Options

The referrer (professional, parent or young person) explains that Smokefree Hampshire offers free, confidential support for CYP.

Gain consent from the young person to refer.

3. Choose Referral Route

A: Self Referral
Young person visits smokefreehampshire.co.uk and completes online self-referral form or speaks to an advisor

B: Professional Referral
Referrer completes the CYP referral form or downloadable spreadsheet. Sent securely to Smokefree Hampshire referral inbox.

C: Parent or Carer Referral
Parent or carer can complete the same referral form or contact the service directly.

4. Referral Received

Smokefree Hampshire team logs and triages the referral.
CYP support worker reviews details and determines appropriate level of support.
Contact made withthe young person (and parent/carer if appropriate)

5. Initial Contact & Assessment

Advisor contacts CYP (by phone, text or email)

Provides brief advice and outlines support options (in person, online, or by phone)

6. Support Programme

CYP is enrolled into a 12 week tailored stop smoking/vaping support plan.

– Weekly, and then fortnightly sessions
– Behavioural support and quit strategies
– Nicotine Replacement Therapy (if suitable and age-appropriate)
– E-cigarette harm reduction discussion if relevant
– Ongoing encouragement and monitoring

7. Review & Follow-Up

Progress monitored throughout the programme
Smokefree Hampshire Advisor records outcomes
If relapse occurs, re-referral or additional support offered.

8. Outcomes

CYP achieves:
Quit success
Reduction in smoking/vaping
Improved awareness and confidence

Data recorded for service evaluation and improvement.