



Workplace smoke
free policy pack

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Want to stop smoking

Free professional support is available from the Warrington Stop Smoking Service if you want to stop.

This Stop Smoking Support Programme will help you:

- Build your motivation to quit
- Prepare for your quitting day
- Survive your first week and beyond
- Keep weight off
- Overcome cravings
- Identify your danger zones
- Cope with relapse
- Firmly set yourself on the road to a life free of tobacco for ever

Quit with their support. Why use the Warrington Stop Smoking Service?

- Giving up is sometimes difficult on your own
- Willpower alone is not enough
- Motivational support, information and advice can make a real difference

What does the service offer?

A seven week support programme combined with either :-

- Nicotine Replacement Therapy (NRT)
- Bupropion (Zyban)
- Behavioural therapy support

Where can I get this support?

Give the service a call now for help and support on :-

01925 843713

For further information and practical advice you can contact :-

www.warrington-pct.nhs.uk

www.stopsmoking@warrington-pct.nhs.uk

Smoking and Pregnancy
01925 662260

NHS Quit line (8am - 11pm)
0800 169 0169

