

time to Quit



WANT TO STOP SMOKING?

**Time to Quit can help you
along the way!**



For more
INFORMATION
contact

time to Quit

on

0800 0434 304

(calls are free from a landline)

or

E-mail: timetoquit@southstaffspct.nhs.uk

or

visit our website

www.southstaffshirepct.nhs.uk

and click on Time to Quit

Our opening times are:

Monday to Thursday 9am to 7pm
and Friday 9am to 5 pm

DON'T DELAYCALL US TODAY

This leaflet can also be provided in other formats and languages by calling the Patient Advice & Liaison Service on 01543 465106 (West) or 01543 412929 (East).

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For FREE advice and support to
stop smoking contact

TIME TO QUIT

on

Tel: 0800 043 4304

or

Text: 'Quit' to 60777

or

Email: timetoquit@southstaffspct.nhs.uk



Why Stop Smoking?

Stopping smoking is the single most important thing you can do to improve your health and the health of people around you.

Cigarettes and other tobacco products contain over 4000 toxic chemicals which are harmful to health. They also contain Nicotine which is very addictive.

The Benefits Of Stopping?

- Your blood pressure and pulse reduce
- Your breathing starts to become easier
- Your ability to taste and smell is greatly improved
- You will have more energy
- Your risk of heart attack, cancer and other smoking related diseases will reduce

And there's more.....

- You'll be protecting your family and friends from the harmful effects of second hand smoke
- You'll have more money to spend!

CALL : 0800 0434304 TEXT: 'Quit' to 60777
OR VISIT www.southstaffordshirepct.nhs.uk

It Doesn't Have To Be Difficult!

Time to Quit, your local NHS stop smoking service, has helped thousands of people to stop smoking and is FREE to access.

Did you know with help and encouragement from Time to Quit you are up to four times more likely to stop smoking successfully than doing it on your own?



Your Choices

A choice of Time to Quit services is available in a variety of locations close to your home:

- GP Practices
- Pharmacy
- Community Clinics (depending on the area)
- Telephone Service
- Support in Pregnancy

How Can Time to Quit Help You?

One to One encouragement and support is FREE to access with a trained advisor who understands your needs.

We provide information and advice for up to 12 weeks on suitable treatments, setting a quit day, managing your cravings and dealing with stress.

If you prefer you can get help from the **Telephone Support Service** and receive regular phone calls with vouchers sent to you to exchange for **Nicotine Replacement Treatment** for up to maximum of 12 weeks (2 weeks supply per voucher).

Other **Treatments** such as **Champix** or **Zyban** can be requested from your GP by your Advisor if suitable.

If you'd like to join the thousands of local people who have stopped smoking with help from Time to Quit then don't delay contact:

Call: 0800 0434 304

Text: 'Quit' to 60777

E-mail: timetoquit@southstaffspct.nhs.uk

Visit: www.southstaffordshirepct.nhs.uk