Whichever your reasons are for quitting:

- You can increase your chances of stopping smoking by up to four times if you access support from your local NHS Stop Smoking Service
- We have a team of friendly stop smoking advisors ready to help support you to become a non-smoker
- Call us now, we can help

We are waiting for your call!

How do I access the Stop Smoking Service?

For further information or to access the service please contact our team on:

Free phone: 0800 531 6317
or landline 0191 283 1145
or 0191 283 2240

(Answer phone available after 5.00pm and at weekends)

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact on telephone numbers above.

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Providing a range of NHS services in Gateshead, South Tyneside and Sunderland.
to help get you back on track.

What will happen at the end of the programme?

- Encouragement and support
- Difficult situations
- Advice on how to cope with withdrawal
- Information and advice about the range of medications available
- Conditions associated with smoking
- Heart disease and lung disease
- Because smokers have higher levels of CO in their bloodstream than non-smokers, this measures how much CO you have.
- Testing: Carbon monoxide (CO) testing
- Weekly carbon monoxide (CO) testing
- You can get support for up to 12 weeks
- What kind of help can I expect?
- There is bound to be one location near you.
- We have lots of sessions at different locations.
- Session or support will be booked.
- What happens when I contact the service?
- Support and advice
- Non-judgemental expert advice
- Choice of support including groups
- Choice of support
- Inducing excitement
- Easy access to a clinic in their local area
- Who can people expect from the service?
- Stop smoking
- Screening and identifying who want to stop smoking
- Help from the NHS stop smoking service
- Local, free-to-use smoking cessation service offers
- Smokers and non-smokers alike.
- How is the service free and open to all?
- Children and young people
- Smoking cessation
- Stress and weight gain
- Planning for individual quit programmes
- Support for children and young people.
- Advice on smoking cessation
- Training and support for smoking
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