

What support will you receive?

- After an initial consultation your Stop Smoking Practitioner will offer weekly support for up to 12 weeks at a face-to-face support session. If there is not a venue close to you, then telephone support may be an option.
- Your Stop Smoking Practitioner will provide Carbon Monoxide breath testing at each session and offer behavioural support and advice about licensed stop smoking medication (such as nicotine replacement therapy) to ease nicotine withdrawal.
- If appropriate, your Stop Smoking Practitioner will supply or arrange a supply of stop smoking medication.
- Clients are invited to join a peer support online group that is moderated by the Stop Smoking Practitioner.

If you are pregnant, you can get specialist free support with Mums2Be Smokefree

Who can access support with Mums2Be Smokefree Somerset?

- Smokers who are pregnant or planning a pregnancy who live in Somerset.
- Ex-smokers who have quit since conception but would like support.
- Smokers who would like support to quit after a baby loss.
- Partners or supportive others are also welcome.

How to access free support

If you would like access support, please either call us on **01823 356222**, complete our **online booking** form to find out more or book an appointment via the QR code below.

Smokefreelife Somerset strives to provide an excellent service to all the county's residents. We welcome all feedback, and you can send all comments to us in the following ways:

 **01823 356222**

 **Smokefreelife@somerset.gov.uk**



Scan the
QR code or visit

www.healthysomerset.co.uk/smokefree/contact

**Smokefreelife Somerset
Public Health
County Hall
Taunton
TA1 4DY**

smokefreelife
Somerset



Speak to **GoSmokefree**

Supporting your Smokefree journey



SOMERSET
County Council

We are a FREE stop smoking service supporting Somerset residents to become smoke free.

Our 12-week treatment programme focuses on supporting behaviour change and reducing nicotine dependency.

Face-to-face support sessions are held at various locations across the county with both daytime and evening support available.

Who can access support with Smokefreelife Somerset?

- **Smokers who live in Somerset.**
- **Smokers who are currently smoking tobacco at their first appointment.**
- **Current smokers who are willing to work with a Stop Smoking Practitioner towards setting a quit date within 2 weeks of their first appointment and returning for support.**
- **Ex-smokers who have quit up to and not exceeding 14 days prior to their first appointment.**



Did you know...?

Stopping smoking not only improves your physical health but is also proven to boost your mental health and wellbeing.

Benefits to your health

As soon as you stop smoking the benefits begin:

- Heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.
- **After 8 hours** – Harmful carbon monoxide levels in your blood will have reduced by half.
- **After 48 hours** – All carbon monoxide in your blood is removed and your sense of taste and smell improves.
- **After 72 hours** – Your energy levels will be increasing and bronchial tubes relaxing.
- **After 2 to 12 weeks** – Your circulation will have improved through your heart and muscles.
- **After 3 to 9 months** – Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.
- **After 1 year** – Your risk of stroke is reduced to half that of a smoker and within five years it will be the same as a never smoker.
- **After 10 years** – Your risk of death from lung cancer will have halved compared with a smoker's and your risk of heart attack is equal to that of a never smoker.

Benefits to oral health begin the moment your circulation improves including gum health, fresher breath, and better sense of taste.

- **Skin becomes clearer and is better protected against premature aging and wrinkles**
- **Fertility levels improve and risk of erectile dysfunction is lowered**

Benefits to your wealth

Smoking is expensive and prices will continue to rise. If you're smoking 20 cigarettes a day, you're likely to be spending in excess of £4,000 a year (based on current prices at time of publication).

There are hidden costs too if you develop smoking-related illness or disability resulting in absence from work and increased insurance premiums.

Benefits to your family

Stopping smoking means it's less likely that your children will become smokers. You will reduce the chances of your children suffering from bronchitis, pneumonia, asthma attacks, meningitis and ear infections. Second-hand smoke is also a risk to pets... Living in a house with a smoker puts pets at greater risk of many health problems such as eye infections, allergies and respiratory issues including nasal and lung cancer.