

Sheffield Stop Smoking Service is ready to help smokers quit for good!

Patients can contact the service via one of the routes below or you can refer them via the secure NHS e-mail. There has never been a better time to quit.

Quitting Smoking is the best thing patients can do to improve their health.

You are x4 more likely to be successful in quitting with support from your local Stop Smoking Service and using stop smoking medication such as patches
www.yorkshiresmokefreesheffield.org.uk

The Yorkshire Smokefree Sheffield service can also give advice on the use e-cigarettes to help you quit. Each year the Stop Smoking Service in Sheffield helps around 1400 people to quit.

A qualified advisor from the service will contact smokers wishing to quit within 24 hours to book the first appointment where advice and information will be given on the process of quitting.

<http://sheffield.yorkshiresmokefree.nhs.uk/>

Free phone telephone support 9am-9pm weekdays and 9am-5pm on Saturdays.

0800 612 0011 free from landline

0330 660 1166 free from most mobiles

Secure NHS e-mail sheffieldstopsmoking@nhs.net

Paper referral – scan and e-mail or post to YSSS, Sorby House, 42 Spital Hill, Sheffield, S4 7LG.

Referral into own in house stop smoking service (within GP practice)

Self-referral -accepted face to face at the Sheffield Moor Markets (stall number 72) every day 9am-5pm Mon – Fri and Sat 9am-2pm.

If you would like more information on the local support available and work we are doing to achieve a Smokefree Sheffield visit our website at
<https://www.smokefreesheffield.org/>

Every cigarette you smoke causes real harm. However the benefits start the minute you stop:

- You will save money - the average smoker has 13 cigarettes a day, which works out as 364 cigarettes a month. That's £141 a month and £1,696 a year. A packet of cigars cost between £5 and £11 per pack of 10 depending on size (small or medium). You could be saving a significant amount of money by not smoking. What else you could spend this money on?
- Your sense of taste will return and you will enjoy the taste of food more.
- Your breathing and general fitness will improve.
- The appearance of your skin and teeth will improve.
- Your fertility levels will improve, along with your chances of having a healthy pregnancy and baby.
- Your family will be protected from the harms of second-hand smoke