



STOPPING SMOKING

Bromley

Well

HEALTH FACT SHEET

Updated July 2024

WHY IS IT IMPORTANT?

Whatever long term condition you are living with, stopping smoking will be one of the things you can do to help manage your condition. Some people find it easier than others to stop smoking so we've put together this list of online resources to help you.

<p><u>Stop Smoking London</u></p> <p>Help Line 0300 123 1044</p>	<p>Bromley no longer has a specialist stop smoking service but you can use the Stop Smoking London website and portal. It contains lots of helpful information about quitting and links to other services including Apps.</p>
<p><u>Action on Smoking and Health</u></p>	<p>Campaigning public health charity. Website contains tips on quitting and information about treatment to help you stop smoking.</p>
<p><u>NHS Live Well Stop Smoking</u></p>	<p>NHS Live Well pages have information on over 100 topics about healthy living. The stop smoking pages are full of tips to help you give up, information on the benefits of quitting and the treatments that are available to help you.</p>
<p><u>NHS Well Being Apps</u></p>	<p>Links to NHS Wellbeing Apps designed to support you in making healthy lifestyle changes</p>

TIPS

IDENTIFY YOUR SMOKING TRIGGERS

Sometimes certain things make us want to smoke such as stress. Noticing these patterns can help you plan ahead and also avoid situations where you may be tempted.

PACE YOURSELF

Take it one day at a time.

BUDDY UP

It can be great to have someone to hold you accountable and encourage you.

USE NICOTINE SUPPLEMENTATION

Patches and sprays can help with withdrawal.

CELEBRATE THE LITTLE THINGS

Make sure you take the time to celebrate yourself, doing things like using the money you save to treat yourself can really help.

**To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer**

**Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk**