



part of North East and North Cumbria's  
Tobacco Dependency Treatment Service



Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

# Now's the time

## If you smoke, we're here to help.

Smoking can seriously damage your health. There's never been a better time to get support and our tobacco dependency team is here for you.

All hospitals in the North East and North Cumbria are now completely smoke-free, which means no smoking anywhere on our hospital sites.

### Here's what to expect when you come into hospital:

**1** We'll start with a chat and ask you if you smoke.

**2** If you smoke, you'll be offered nicotine replacement products or e-cigarettes to help manage any cravings or withdrawal symptoms.

**3** A member of our Quit Team will visit you and discuss the options and support available to you.

**4** We'll work with you to agree a plan for your stay in hospital. If you want to stop smoking long-term, we can arrange for ongoing support and medication for when you go home.



To find out more about the support available, speak to one of our tobacco dependency advisors or email [quitteam@cntw.nhs.uk](mailto:quitteam@cntw.nhs.uk)