



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.

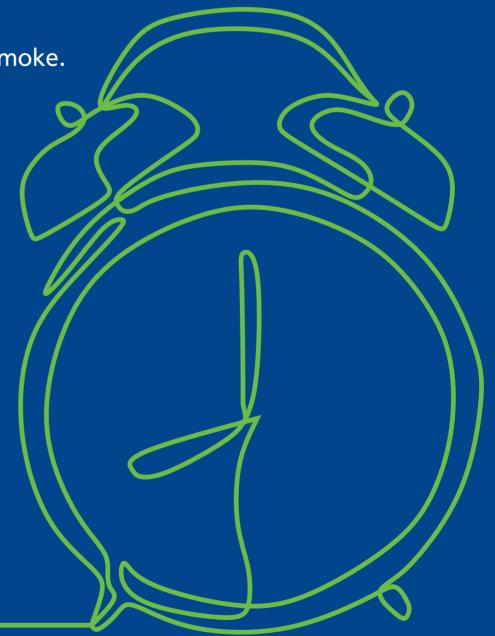
Here's what to expect when you come into hospital:

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

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

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

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