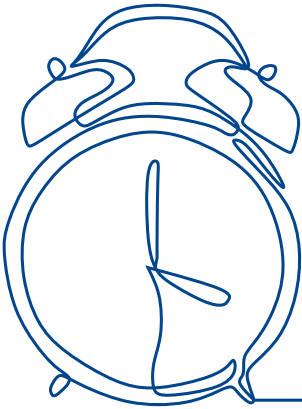


Now's the time

How the
Community Tobacco
Dependency
Treatment Service
can help you



Why Stop Now?



There's never been a better time

Our NHS recognises the harms of smoking which is why all hospitals across the North East and North Cumbria are now completely smokefree which means no smoking anywhere on our hospital sites.

Smoking causes causes ill health and can increase your chances of dying much earlier. Stopping smoking is the best thing you can do for your physical and mental health.

At Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW) we recognise that people want to stop smoking but may find it difficult to attend local services. Therefore we are now able to offer you a service in a place that is more familiar to you.

A new way to treat tobacco dependency

With the right support, you're more likely to succeed

At CNTW we are now able to offer you a personalised support programme to help you to stop smoking.

We can offer you support for up to 24 weeks.

To help keep you motivated we can offer you:

- 24 weeks of one to one behavioural support from a qualified tobacco advisor
- A refillable vape, plus up to 24 weeks of e-liquid
- Nicotine replacement therapy
- Love2shop gift vouchers



Let's take a closer look at the support available to you

1

At your first appointment, your tobacco advisor will discuss a personalised plan with you. Your advisor will ask questions to understand your smoking behaviour.

2

Your tobacco advisor will discuss whether you would prefer a free vape, nicotine replacement therapy, or both if you are a heavy smoker. These products will help manage nicotine withdrawal symptoms.

3

You can take your chosen products away with you and set a date to return and see your tobacco advisor for further support.

4

At each contact, your tobacco advisor will:

- check your progress, offer advice
- ask you to blow into their carbon monoxide monitor
- ensure you have enough e-liquid or nicotine replacement therapy
- issue Love2shop gift vouchers at specified points in the program.

Different treatments available to you

Nicotine Replacement Therapy

Nicotine Replacement Therapy provides clean nicotine without harmful tobacco toxins. It helps reduce withdrawal symptoms and cravings and should be used regularly throughout the day.



Lozenges



Inhalator



Nasal spray



Nicotine patches



Mouth spray



Mini Lozenge



Vape and e-liquid

Smoking and mental health

People with mental health conditions are more likely to smoke and often smoke more heavily, leading to a higher risk of early death and prolonged ill health. Those on antipsychotic medication may also require higher doses of their treatment.

Benefits of quitting

Quitting smoking can significantly improve your mental health.

Stopping smoking:

- reduces anxiety, depression, and stress
- your antipsychotic medication could be reduced by half, we will monitor this
- reduces your risk of psychosis
- improves your self confidence

The average smoker can save on average £48.00 per week by quitting smoking. That's nearly £2,500 per year!

“ If you smoke, the single most important thing you can do is to stop. Getting the right specialist support will help you achieve this.”

Dr Ruth Sharrock, North East Respiratory Consultant

What are the benefits of stopping smoking?

Stopping smoking increases your chances of living a longer life. It can take as little as 20 minutes for your body to start healing once you quit smoking:

After 20 minutes Your blood pressure and heart rate return to normal.

After 8 hours Nicotine and carbon monoxide levels in your blood half. Oxygen levels return to normal.

After 48 hours Carbon monoxide has left the body. Your ability to taste and smell is greatly improved.

After 72 hours Your breathing becomes easier and energy levels improve.

After 2-12 weeks Blood is pumping through the heart and muscles and circulation improves.

After 1 year The risk of a heart attack has halved.

After 10 years The risk of dying from lung cancer has halved.

Stopping smoking not only improves your physical health but is now known to improve your mental health and well-being by reducing symptoms of stress, anxiety, depression and will have an overall improvement on your mood.

If you would like to speak to a member of the team ask a member of staff for more information on how you can be referred, or contact us on **smokefreecommunity@cntw.nhs.uk**



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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