



**How do I get an
appointment?**

**Complete and return
this detachable slip and
an appointment will be
arranged for you.**

**Most ex-smokers say
stopping was
THE BEST THING THEY
HAVE EVER DONE**



Stop Smoking Specialists

Promoting Wellbeing Department

St. Luke's Hospital

71 Loughgall Road, Armagh BT61 7NQ



028 3741 533



stop.smoking@southerntrust.hscni.net



www.southerntrust.hscni.net

www.want2stop.info



**Local
Stop
Smoking
Clinics**

**Free Help and Support
for People who want to
Stop Smoking**

What is the Stop Smoking Clinic?

The **Stop Smoking Clinic** offers one-to-one support for people who are ready to quit smoking

A qualified **Stop Smoking Specialist** will take you through the stages of stopping, including preparing to stop, actually stopping and staying stopped.

What will happen at my first appointment?

Your **Stop Smoking Specialist** will develop a personal quitting plan with you, based on your individual needs. You will not be asked to stop smoking from your first visit but will plan towards setting a date to stop.

How long will it take to stop smoking?

Your **Stop Smoking Programme** will be tailored to meet your individual needs.

Is there a cost?

No - this service is free.

Will I stop smoking?

There is no magic cure. Stopping smoking requires will power and personal commitment. Attending a Stop Smoking Clinic can double your chance of success. ***60-70% of smokers attending a SHSCT Clinic, who set a quit date successfully stop smoking.***

What does the Stop Smoking Clinic Include?

Information and support will be available on:

- How to prepare to stop
- Setting a quit date
- Preparation to stop
- How to stay stopped
- Nicotine Replacement Therapy, Champix and Zyban
- Coping with withdrawal
- Weight control
- Relaxation techniques

What if I start smoking again?

If you don't stay stopped don't worry. Many people will have relapses before finally quitting. You can return to the Clinic for further support at any time.

To book an individual appointment, please tick which area of preference.

Armagh & Dungannon ☐

Newry & Mourne ☐

Craigavon & Banbridge ☐

Craigavon Area Hospital ☐

Daisy Hill Hospital ☐

Name: _____

Address: _____

Tel: _____

First Language: _____

Please return to:
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tel: 028 3741 5333
Email: stop.smoking@southerntrust.hscni.net
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