







# 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.

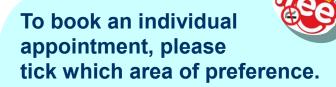
### What does the Stop Smoking Clinic Include?

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.



Armagh & Dungannon	
Newry & Mourne	
Craigavon & Banbridge	
Craigavon Area Hospital	
Daisy Hill Hospital	
Name:	
Address:	
Tel:	
First Language:	

Please return to:

Stop Smoking Specialist
Promoting Wellbeing Department
St. Luke's Hospital
71 Loughgall Road, Armagh BT61 7NQ
tel: 028 3741 5333
Email: stop.smoking@southerntrust.hscni.net
Website: www.want2stop.info