

# RAISING THE ISSUE OF SMOKING

## ASK

“How long have you been smoking?”  
“What do you like about smoking?”

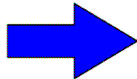
## ADVISE

“What are the dangers of smoking?”  
“What do you NOT like about smoking?”

## ASSIST

“Have you ever tried to quit before?”  
“Do you know about our Quit Support Programme?”

## ARRANGE



To refer to a quit support  
advisor contact us here



# HELPING SERVICE USERS QUIT SMOKING!



*Offering quit support  
in mental healthcare settings.*



# IT'S NOT MY JOB?

Forcing or pressurising people to quit smoking is wrong and there should always be a choice. But ignoring someone's smoking and not offering help is equally wrong and also serves to deny choice.

These days, if you smoke, then you're very likely to be inundated by offers of quit smoking advice and support. Your GP will raise the issue. So will your dentist, pharmacist - and in many cases - your family and friends. If you decide to quit, then the help is there.

Unfortunately, if you happen to be a mental health service user, then all that can go out of the window. In surveys, service users have reported that nobody raises the issue of smoking with them - and that they wouldn't feel able to access quit support if they needed it.

Rather, the decision is often taken for you. If you have a condition such as schizophrenia then it's often assumed that quitting smoking is simply 'not a priority' and that cigarettes are 'all you have in your life'.

Things are changing however. Mental healthcare staff all over the country are rejecting the old "it's not my job" excuse. They are raising the issue of smoking, and offering help when it's required. And by doing so, they are giving an opportunity back to their service users that, in the past, has been denied.



# HELP TO QUIT

## NHS Stop Smoking Services Offer...

**Nicotine Replacement Therapy products (like gum or patches) to help with cravings.**



**Support from an advisor or a quit-group.**



**Training is available to all staff in Stop Smoking Support.**

**To get more info just contact us (details on back of leaflet)**