



STAFF INFORMATION ON STOP SMOKING SUPPORT

Cheshire and Wirral Partnership NHS Foundation Trust

is committed to supporting staff who wish to Stop Smoking

Stop Smoking support is available through a range of options. Staff can request advice from a number of appropriately trained workplace colleagues, the local NHS Stop Smoking Service and the Occupational Health Service.

The trust will support staff in accessing these services, by appointment, during working hours in agreement with their line manager. Stop Smoking services can offer help, advice, and access to smoking cessation medications and problem solving to staff who wish to stop smoking.
(Smoke Free Policy)

SUPPORT CAN BE ACCESSED AT THE FOLLOWING LOCATIONS

**WESTERN
CHESHIRE**
Stop Smoking
Service Tel: 0800
043 5134
Text: quit4good
to 60777

Email:
quit@quit4good.org

Web:
www.quit4good.org

WIRRAL
Stop Smoking
Service Tel: 0151
630 8383
Text: QUIT to
80039 plus name
and postcode

Email:
wsupport@wirralct.nhs.uk

Web:
www.quitstopwirral.co.uk

**CENTRAL & EAST
CHESHIRE**
Stop Smoking
Service Tel: 0800
085 8818
Text: QUIT to
80039 plus name
and postcode

Web:
www.stop-smoking-cheshire.co.uk

Trust Occupational Health Departments

- West Cheshire Tel: 01244 364646
- Wirral Tel: 0151 604 7262
- Central Cheshire Tel: 01270 612372
- East Cheshire: Tel: 01625 661896

Support is also available from GP practices via appointment with your GP.

Local Pharmacies also offer support and brief interventions. A list is available from your local Stop Smoking Service or GP.

NHS NATIONAL STOP SMOKING HELPLINE: 0800 022 4 332