

MAKE THE BREAK STOP SMOKING

Let's be honest - **stopping isn't always easy**, access

Free Local Support

and, when you're ready to give it a go, speak to our trained Community Navigators. They provide

**NO NONSENSE JUST
CLEAR FACTS AND ADVICE**

How we help you

- We tell you about quit smoking websites and helpful apps to keep you on track
- Measure the level of poisonous gas, known as Carbon Monoxide, in your body (optional)
- Discuss safer substitutions to cigarettes and Tobacco to help beat cravings such as patches, gum, nasal spray, inhalators and vapes with you
- Tailor support to your individual needs and circumstances. Telephone and face to face appointments available as well as an individual agreed programme of support (*i.e. 12 weeks or as long as required*)
- Everything is completely confidential!



**SUPPORT
@THE HUB**

Contact Hartlepool Support Hub

01429 272905

helping@hartlepool.gov.uk

(Mon - Thurs 9am - 5pm, Fri 9am - 4.30pm)