

## Frequently asked questions

**Q I've tried to stop smoking before and failed, I'm afraid that this might happen again**

**A** Every quit attempt is different, we can help you to learn from the last one. Even if you have tried to quit before, you can access the support again providing there has been an eight week gap since your last appointment.

**Q Do I have to be referred by my GP because I struggle to get out?**



**A** This is a self referral service, simply call our local helpline **0161 253 7554** to arrange support. We can even offer telephone support for those who find getting to a venue difficult, or a home visit, following assessment by our team. We offer flexible clinic options to suit different work/lifestyle patterns.

**Q Do I have to pay to access support?**

**A** No, support and advice in Bury is FREE. However, any stop smoking medication may be subject to a prescription charge.

**Q If I don't want to use nicotine replacement therapies, Champix or Zyban, can I still access support from the service?**

**A** Yes. We are happy to support you however you choose to stop smoking.

Follow us  @LifestyleBury  LifestyleService

If you are ready to make changes to improve your health and lifestyle we can help.

Call the Lifestyle Service on:

**0161 253 7554**

Email: [LifestyleService@bury.gov.uk](mailto:LifestyleService@bury.gov.uk)

# Need help to break the habit?



**Stop Smoking Support**  
in Bury



# Want to quit? You're not alone. We can help....

**We can provide a free, confidential service, offering information and support whether you are thinking about stopping, or have already decided to stop.**

## **Benefits**

There are many benefits to stopping smoking, including: -

- Protecting your family from second hand smoke
- Saving money – approx £2,500 per year if you are smoking 20 a day
- Breathing becomes easier
- Improve sense of smell and taste
- Improved circulation.

## **REMEMBER:**

With support, you are 4 times more likely to stop smoking and stay stopped.



## **Products**

### **Nicotine Replacement Therapy**

This replaces the nicotine your body craves, but it does not contain toxic chemicals like tar and carbon monoxide.

Nicotine Replacement Therapy is available as: -

- Patches
- Inhalators
- Microtabs
- Nasal Sprays
- Lozenges/Mini Lozenges
- Mouth Sprays
- Gum
- Oral Strips.

**You could receive vouchers for these products for up to 12 weeks.**

### **Zyban and Champix**

These are non-nicotine based and work by easing cravings to reduce your withdrawal symptoms. They are not a magic cure, and smokers will still need to be determined to quit their habit. Zyban and Champix are available on prescription. To determine if you are suitable a full medical history will be required.