STOPTOBER IS BACK
AND IT CAN HELP YOU GO SMOKEFREE

This guide contains everything you need to know for a successful Stoptober.

You can choose as much support as you want to keep you on track.
To find out more search Stoptober.

BECAUSE THERE’S ONLY ONE YOU
STOP TOBER

AND THERE’S MORE

EMAIL
Right for you if you’d like a daily email with motivational support to help keep you on track.
• Get information and advice sent straight to your inbox.
• Join thousands of people who have already signed up for daily Stoptober support.
Search Stoptober to sign up.

STOPTOBER APP
Right for you if you have a smartphone and want support every step of the way.
• See how much money you’re saving with the Stoptober calculator.
• Support to combat cravings.
Search Stoptober in the iTunes app store or Google Play store.

Because there’s only one you
ONE LESS PLACE TO SMOKE, ONE MORE REASON TO QUIT.

THE NHS IS GOING SMOKEFREE

Smoking is England’s biggest killer and people who smoke are more likely to need hospital treatment. So hospitals are a good place for smokers to get the support they need to quit.

The NHS is committed to helping people live longer, healthier lives. So if you smoke, you can expect a member of your clinical team to talk to you about staying smokefree while you’re in hospital and getting the right support to help you stop for good.

WHAT IS A SMOKEFREE NHS?

There are three key things that will make the NHS completely smokefree:

- Staff starting conversations about smoking with their patients.
- Stop smoking support offered on site, or referral to local services.
- No smoking anywhere on NHS property including the grounds.

STOPTOBER

Stoptober is the 28-day stop smoking challenge that’s already helped thousands of people to quit smoking. And it’s set to return for its sixth year.

It’s a great time to quit, not only because NHS Trusts across England are going smokefree, but also because stopping smoking for 28 days means you’re five times more likely to quit for good.

You don’t need to quit with willpower alone. This year there are lots of tools and quitting support to help you stop smoking successfully.

STOPTOBER SUPPORT

There is plenty of proven support available so you can choose the ones that are right for you.

FACE-TO-FACE

Right for you if you’d like to talk to an understanding expert and give yourself the best chance of quitting successfully.
- It’s local and easy to access.
- You’ll get a personalised programme of support.

Ask your doctor, nurse, or pharmacist or search Stoptober to find your local stop smoking service.

STOP SMOKING AIDS

Right for you if you need help with the nicotine cravings.
- Some medicines are available on prescription.
- Nicotine replacement therapy products can be purchased over the counter at your local chemist.
- E-cigarettes are available in vape shops, pharmacies and other outlets.

Talk to a healthcare professional, pharmacy team or vape shop or visit nhs.uk/smokefree

SOCIAL MEDIA

Right for you if you’re always checking your social feeds.
- Swap tips with others who are taking part in Stoptober.
- Use the Facebook Messenger bot for advice, help with cravings and support at any time of the day.

Follow Stoptober on Facebook and Twitter.