

Smoking Cessation Support

Studies show that individuals are four times more likely to quit smoking with support from a specialist advisor. Healthy Cornwall delivers weekly stop smoking clinics in a variety of settings where we offer expert advice, support and encouragement to individuals to support them to quit smoking for good.

Healthy Cornwall will encourage individuals using motivational interviewing techniques and advise on pharmacotherapy options in line with NICE and PHE guidelines.

Individuals can expect an initial appointment of 30 minutes where the advisor will work with them to understand their motivation and confidence to quit, talk through their smoking and medical history and discuss their support and pharmacotherapy options. Follow up appointments usually take about 15 minutes and these will be agreed for at least a 12 week period.

Inclusion criteria:

- Aged 13 years or over
- Resident in Cornwall or Isles of Scilly
- Motivated and ready to change
- Will commit to engaging with 12 weeks of support

Exclusion criteria:

- Aged 12 or under

Healthy Cornwall will:

- Accept self-referrals complying with the inclusion criteria
- Accept referrals from primary/secondary care and other healthcare professionals
- Contact the client within a maximum of 2 weeks of the referral being received
- Where an individual is not eligible for the service, the referrer will be notified and the individual will be signposted back to their GP or other relevant services

Healthy Cornwall

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