Supporting People to Quit

Having the conversation: Making Every Contact Count / Very Brief Advice

1. ASK
Establish and record status (non-smoker, ex-smoker, smoker)

2. ADVISE
The best way to quit is with NHS stop smoking support

3. ACT
Motivate and refer to Help Me Quit

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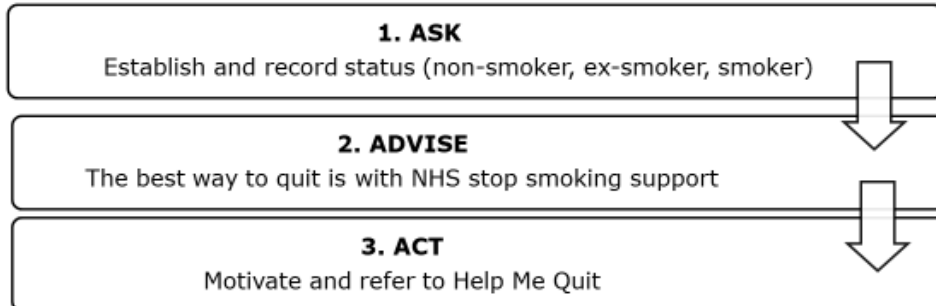
2. Advise

The best way to quit smoking is with free NHS stop smoking support offered through Help Me Quit.

NHS stop smoking services offer smokers the greatest chances of success by providing:

- Structured, tailored and expert support
- Carbon monoxide monitoring for motivation
- Access to free licensed stop smoking medication

Smokers are four times more likely to successfully quit smoking with NHS stop smoking support than going it alone

3. Act

Smokers can get support directly by:

- **Freephone:** 0800 085 2219
- **Texting*:** HMQ to 80818 (texts cost a standard rate message)
- **Completing a call-back form at:** https://www.helpmequit.wales/request-a-call-back/

Professionals should refer smokers by:

- Using existing referral routes such as the web-based referral platform: Quit Manager. If you aren't registered as an e-referrer and would like to be, please email helpmequit@wales.nhs.uk
- Telephone Help Me Quit with the clients permission: 0800 085 2219
- Using the professional referral short form on Help Me Quit website: https://www.helpmequit.wales/professional-referral-form/

https://www.helpmequit.wales/request-a-call-back/

helpmequit@wales.nhs.uk

https://www.helpmequit.wales/professional-referral-form/

What else can you do?

- Display posters, contact-cards and leaflets (print and/or digital)

- To order Help Me Quit resources visit PHW Health Information Resource website: Helpa Fi i Stopio / Help Me Quit (nhs.wales)

- Access MECC Level 1 online: MECC // Public Health Network :: E-Learning

- Access NCSCT VBA+ NCSCT e-learning

MECC // Public Health Network :: E-Learning

NCSCT e-learning