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WELCOME TO YOUR SMOKE-FREE JOURNEY PLANNER

Deciding to quit smoking is a powerful step—and just by being here, you've already taken one of the most important ones. Choosing to get support shows strength, courage, and a real commitment to change, and we're here to walk this path with you. This journey won't always be easy, but you won't be doing it alone. This planner is your space to track progress, stay motivated, and remind yourself why you started. Every day without a cigarette is a win, and every small step forward counts. Let's take this one day at a time—and celebrate each milestone along the way.

One You Smokefree South Gloucestershire

CONTACT US BY:

Email: oneyou@southglos.gov.uk

Phone: 01454 865337

Text: 80011

WHAT CAN BE IN CIGARETTE SMOKE?

More than 600 ingredients that when burned, produce 7,000 chemicals, including over 70 known or suspected carcinogens. Every ingredient is carefully selected to contribute to the cigarette's addictiveness, signature taste and feel, and shelf-life.

| nail polish remover |
|------------------------------------|
| household cleaner |
| rat poison |
| used in rubber cement and gasoline |
| lighter fluid |
| rechargeable batteries |
| car exhaust fumes |
| embalming fluid |
| insecticide |
| barbecue lighter fluid |
| used in batteries |
| mothballs |
| rocket fuel |
| insecticide |
| disinfectant |
| material for paving roads |
| |
| solvent used in paint |
| |

BENEFITS OF STOPPING

Stopping smoking will improve your health including better blood pressure and blood sugar control. You may be pleasantly surprised that you need a lower dose of some medications.

Let your doctor know that you are stopping smoking.

Within the first day of stopping smoking:

- You stop polluting the air with dangerous second-hand smoke.
- Blood pressure and pulse rate improve.
- Temperature of hands and feet returns to normal.

24 hours:

Chance of heart attack decreases.

48 hours:

- Carbon monoxide level in blood back to normal.
- Oxygen level in blood increases to normal.
- Ability to smell and taste things is enhanced.

72 hours:

Bronchial tubes relax, making breathing easier.

2 weeks to 3 months:

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30%

1 to 9 months:

- Coughing, sinus congestion, fatigue, and shortness of breath all decrease.
- Cilia regrow in lungs, increasing ability to clean the lungs and reduce infection.
- Body's overall energy level increases.

1 year:

 Your risk of a heart attack has halved compared to a smoker.

5 years:

- Heart disease death rate drops to the rate for nonsmokers.
- The risk of dying from lung cancer is reduced by half toward the level seen in non-smokers.

10 years:

- Lung cancer death rate drops almost to the rate for nonsmokers.
- Incidence of other cancers decreases mouth, voicebox, oesophagus, bladder, kidney, pancreas, etc.

SMOKEFREE AIDS

Vape

In recent years, e-cigarettes have become a very popular stop smoking aid in the UK.

Also known as vapes or e-cigs, they're far less harmful than cigarettes, and can help you quit smoking for good.

They are not recommended for non-smokers and cannot be sold to people under 18 years old.

NRT (Nicotine Replacement Therapy)

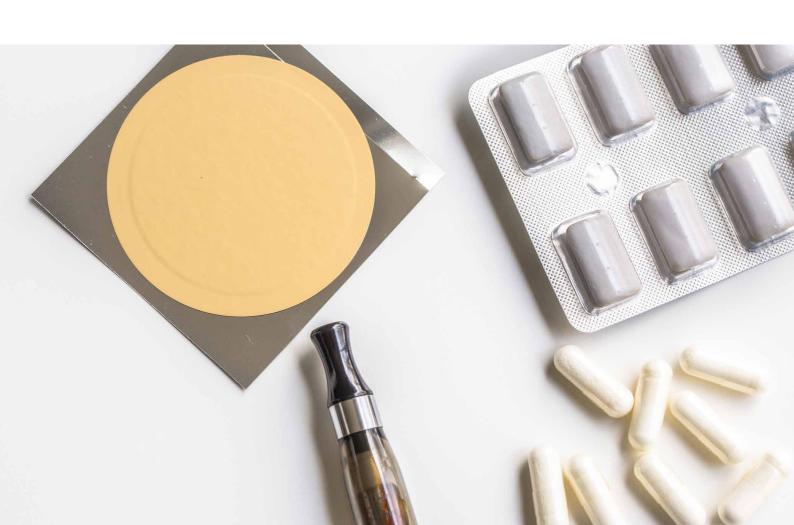
These are nicotine replacement products, including patches, gum, lozenges, inhalators and mouth and nasal sprays. The full menu we offer can be found on our website here - https://oneyou.southglos.gov.uk/wp-content/uploads/sites/414/2019/02/NRT-Menu.pdf

Medication

There are also stop smoking tablets that include:

- Varenicline
- Bupropion (Zyban)
- Cytisine

These medications can be dependent on GP's availability.



MY "WANT TO" MOTIVATION TO STOP SMOKING

| To become and stay smokefree, it is helpful to focus on your desire-based reasons for stopping. Focus on why you want to stop rather than why you have to stop. What good things will you get from being smokefree? 1. Tick the reasons below that speak to you. | Live a healthier life. Lessen the side effects from my cancer treatment. Improve the benefits of my cancer treatment. |
|---|--|
| Use the blank spaces to add your own desires. | |
| Stay inspired! Review these reasons daily to remember why you are stopping smoking. | Loved ones I want to: Be a role model for my kids. |
| Health I want to: Lower my chance of having cancer, heart attack, heart disease, stroke, COPD, and other health issues. | Protect my family or pet from secondhand smoke. See my children and grandchildren grow up. Lessen my family's worry about my health. |
| Heal from surgery and have a lower risk of infection after surgery.Breathe easier and cough less. | |
| Reduce the possible complications from flu and other infections. | |
| Lower my blood pressure. | |
| Walk without getting out of breath. | |
| Have a healthy baby. | |

| Appearance I want to: | Have food taste better. |
|---|---|
| Have healthier skin. | Be able to smell food, flowers, and other enjoyable things. |
| Have clearer and brighter eyes. | Have my hair and clothes smell clean. |
| Avoid getting more wrinkles. | Stop hiding. |
| Have healthy teeth and gums. | Have my home and car smell clean. |
| Keep my fingers and nails free of tobacco stains. | Sleep better. |
| | Be free of nicotine addiction. |
| | Have more energy to do the things I love. |
| | Be more in control of my life. |
| Lifestyle | Feel the pride of being smokefree. |
| I want to: | |
| Stop the stress from the nicotine withdrawal cycle. | Be free of worrying about what smoking is doing to my health. |
| Be free from the anxiety about finding time and a place to smoke. | |
| _ | |
| Be free from worry about running out of cigarettes. | |
| Have more money to spend. | |

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WITHDRAWAL SYMPTOMS

Quitting smoking brings about a variety of physical and psychological withdrawal symptoms. For some people, coping with withdrawal symptoms is like riding a roller coaster. There can be sharp turns, slow climbs, and unexpected plunges.

Most symptoms begin within the first 1 to 2 days, peak within the first week, and subside within 2 to 4 weeks. Report new symptoms to your health-care provider, especially if severe. Remember, symptoms are temporary and will improve with time.

- **Circle** the symptoms you have experienced or are concerned about.
- **Select** the tools that you think may relieve your symptoms.
- Write in other tools that may help you cope better.

| Symptom | Cause and Duration | Tools for Relief |
|---------------------------------------|---|---|
| Chest tightness | Your lungs are undergoing changes, and your body is tense because it is craving nicotine. It also might be caused by sore muscles from coughing. Can last several weeks. | Use relaxation techniques. Try deep breathing. Use one or more of the stop-smoking medications. |
| Constipation, stomach pain, gas | Intestinal movement decreases. Can last several weeks. | Drink plenty of fluids. Eat more fruits, vegetables, and whole-grain cereals. Exercise more. |

| Symptom | Cause and Duration | Tools for Relief |
|------------------------|--|---|
| Croving o | The body is getting rid of accumulated mucus in the airways. Duration varies. Coughing more than usual may be a sign your body is starting to heal. Tobacco smoke paralyses and destroys some of the tiny hairlike structures in the airways called cilia. As a result, the cilia that remain have trouble removing mucus. When you stop smoking, the cilia regrow and become active again. | Drink plenty of fluids. |
| Craving a cigarette | Nicotine is a strongly addictive drug, and withdrawal causes cravings. Frequent for the first 2-3 days; can occur for months. | Wait out the urge, which lasts only a few minutes. Exercise (take walks). Use one or more of the stopsmoking medications. |
| Depressed mood | It is common to feel sad for a period of time after you first quit smoking. It takes time for the brain to adjust to being without nicotine. Many people have a strong urge to smoke when they feel depressed. Duration varies; could last months. | Increase pleasurable activities. Talk with your clinician about changes in your mood when quitting. Get extra support from friends and family. See a therapist. Use one or more of the stopsmoking medications. |

| Difficulty concentrating | The body needs time to adjust to the lack of stimulation from nicotine. Can last several weeks. | Plan workload accordingly. Take frequent breaks. Use one or more of the stop-smoking medications. |
|--------------------------|--|---|
| Dizziness | The body is getting extra oxygen. Typically improves within a couple of weeks. | Use extra caution.Change positions slowly.Stay hydrated. |
| Hand and mouth cravings | Missing the experience of handling or tasting cigarettes can result in wanting something to put in your hands and mouth. Can last weeks to months. | Drink sips of water. Prepare low-calorie snacks. Play with fidget toys. Use straws, chewing gum, mints, and flavoured toothpicks. |
| Insomnia | Nicotine affects brain wave function and influences sleep patterns. Coughing and dreams about smoking are common. Can last weeks to months. | Reduce caffeine intake by about half (and none after lunchtime) because you will be more sensitive to caffeine while stopping smoking. Use relaxation techniques. Stick to a bedtime routine. |
| Irritability | The body's craving for nicotine can produce irritability. Can last several weeks but usually ends within 4 weeks. | Take walks. Decrease caffeine use. Use relaxation techniques. Use one or more of the stopsmoking medications. Be kind to yourself. |

Adapted from materials from the National Cancer Institute and Rx for Change.

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STRATEGIES TO MANAGE TRIGGERS AND URGES

| Becoming successful at learning how to stop smoking requires planning and learning new | ☐ I'm celebrating. |
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| skills. Don't tell yourself that you can't stop | ☐ I'm watching TV. |
| because you don't have willpower. It is not about willpower alone. The pages below will | ☐ I'm taking a break. |
| show you the steps to success. | ☐ I've finished a task. |
| Urges and cravings are normal. By smoking, your brain and your body have been trained | ☐ I've worked out at the gym. |
| to expect the regular doses of smoke and nicotine. Your body and brain feel like | ☐ I've finished a meal. |
| something is wrong. It is going to take time to adjust to your new lifestyle. | I need to concentrate. |
| Many people who have stopped smoking report that quitting was not nearly as hard as | I need more energy. |
| they had feared. Hold on to that thought. This might be your story, too! | ☐ I'm bored. |
| | I get home from work. |
| Planning for urges and cravings is key Triggers can cause strong urges. Be ready | ☐ I'm driving. |
| with a response. It is important to remember that urges may last 5 to 10 minutes and then | ☐ I'm waiting for the bus. |
| fade. They don't last forever! | ☐ I want a snack, but I don't want to gain |
| Common triggers Below are some common triggers. Mark the | weight. |
| ones that are strong for you. Add your own triggers that are not listed here. | ☐ I have pain. |
| | ☐ I'm sad. |
| I want to smoke when: | ☐ I'm lonely. |
| ☐ I wake up. | |
| I have my morning coffee. | ☐ I've had sex. |
| I have had a stressful conversation. | I want to be by myself and think. |
| Tillave flad a stressful conversation. | ☐ I'm afraid. |
| I see someone smoking. | |
| I smell a cigarette. | |
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Vulnerable situations

The four conditions below (HALT) can make you very vulnerable to smoking. Do what you can to avoid feeling:

| | Hungry – Ea | t regular | meals |
|---------------|-------------|------------|----------|
| $\overline{}$ | | t i egulai | IIICais. |

- Angry/Anxious Find outlets like exercise for difficult emotions. Consider counselling or anger management classes.
- Lonely Take a walk in the park where there are people. Ask someone if you can pet their dog. Make someone smile.
- ☐ Tired Get regular sleep and rest.

High-risk situations

- Drinking alcohol. Alcohol can derail your efforts. Consider not drinking alcohol at least during the first weeks of your quit journey. Rehearse what you will say if you are offered alcohol.
- Being around people who are smoking. In the beginning of your quit journey, avoid family and friends who will smoke around you. Rehearse what you will say if offered something to smoke.

Tools to deal with urges

There are many activities you can use to address strong urges. Plan ahead and be ready to respond to an urge. Don't wait for an urge to happen and then try to figure out what to do.

The Five Ds

- Drink water.
- Delay the craving.
- Do something else.
- Deep breathe.
- Discuss with a friend.

Nicotine Replacement Therapy

For known stressful events, use nicotine gum or lozenge starting 30 minutes before or nicotine inhaler or nasal spray 5-10 minutes before.

For example, if you always smoke when you are talking on the phone with your sister after work, plan to use your nicotine gum or nicotine lozenge 30 minutes ahead of your daily call.

Make sure your short acting nicotine replacement is with you. If you are out and about and have a strong urge and your nicotine gum is at home, it will not do you any good. Have these medications close to you. Keep them in your backpack, desk, vehicle, purse, kitchen, and bedside table.

Urge Surfing

There are many strategies for meeting and dealing with urges. One powerful option is known as urge surfing, a mindfulness technique.

- You start by imagining a wave.
- You ride out an urge like a surfer riding a wave.
- Like a wave, an urge slowly builds to a peak, and then fades away.
- While the urge is growing, it can feel like it will never go away. Use deeper breaths to help carry you up and over the peak of the urge.
- As you surf the urge, notice and name what is happening, including what thoughts, feelings, and body sensations you are having.
- Remind yourself, these are feelings, and like the urge, they are temporary. They will peak and disappear even if all you are doing is paying attention to what is happening.
- Urge surfing is a practice to accept whatever you are experiencing rather than trying to get rid of it or push it away. Surfing the urge mindfully and with your breath allows it to unfold naturally and as quickly as possible.

The Emergency Exit

When building your quit plan, always look ahead to possible challenges and plan how to overcome them.

If your original plan is not working you always have an emergency exit. For example, if you have been tobacco free for some time, you may feel ready to go to a party where there may be smoking. What will you do if your coping plan is not working?

Plan ahead to just leave. No need to explain a reason to anyone. This is an emergency exit to save your health and keep you on the path of your smokefree living.

Check the strategies you could use when an urge occurs. Add your own ideas to the list.

Repeat your mantra again and again. Remind yourself of your reasons to quit. Deep breathe.

| Look at pictures of loved ones. |
|---|
| Use short-acting NRT. |
| Use a toothpick, straw, cinnamon gum or strong mints. |
| Look at funny videos on your phone. |
| Go outside and see the delights in nature. |
| Listen to music or a podcast. |
| Read a book or magazine. |
| Blow bubbles. |
| Call a friend or family member. |
| Clean your house or car. |

| Go for a walk or jog. | Set a timer for 10 minutes and complete a |
|---|--|
| Drink a glass of water with a bit of orange, lemon, or lime. | task. Pray. |
| Have a small snack. (Fresh fruit, raw carrots, celery, frozen grapes, sunflower seeds.) | ☐ Meditate. ☐ Dance. |
| Brush your teeth. | ☐ Sing. |
| Play a game or puzzle. | ☐ Walk on the spot. |
| Work on an art project. | Stretch. |
| Hold something in your hand. (Pen, coin, fidget spinner, or paper clip.) Keep your hands busy. (e.g., knitting, needlework, woodworking, drawing, colouring, doodling, sketching.) | Keep a gratitude journal.Surf the urge.Skipping. |
| Do the dishes or laundry. | |
| Take a warm shower or bath. | |
| Garden. | |
| Pet your dog or cat. | |
| Take your dog for a walk | |

| Sample Trigger | Sample Strategy |
|--|---|
| Waking up in the morning | Keep nicotine lozenges on my bedside table to use before getting out of bed |
| Drinking coffee | Change up my routine Switch to tea Have my coffee in a different room or in the garden |
| Talking on the phone | Have a doodle pad with coloured pens availableSip ice water with a bit of orange |
| Driving by the petrol station where I usually buy cigarettes | Get petrol at another station Don't drive by until I'm confident that I won't turn in to the usual station |
| Not knowing what to do with my hands | Hold a paper clip, coin, pen, fidget spinner, stress ball, knit |
| Needing to chew or have something in my mouth | Chew on carrots, gum, strong mints, or cinnamon sticks Drink water from a straw or keep a straw in my mouth Eat sunflower seeds one at a time |
| Being at a party where people are smoking | • Leave |

Explore strategies for your triggersFinding your best strategies will take some experimenting. If one strategy doesn't work for you, try another, or try combining a couple. This experimenting takes patience and curiosity.

Think about your most frequent triggers and list them below. Add some strategies to tackle each one.

| My Trigger | My Strategy |
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STRESS RELIEVERS

WHAT YOU CAN DO TO ADDRESS STRESS

Try these 10 stress-busting suggestions:

Be active

Exercise won't make your stress disappear, but it can reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly. Exercise releases endorphins, your 'feel good' hormones'

For more advice, read about exercise for depression -

www.nhs.uk/mental-health/self-help/guides-tools-and-activities/exercise-for-depression

Get started with exercise - www.nhs.uk/live-well/exercise

Take control

If you think you cannot do anything about your problem, your stress can get worse.

That feeling of loss of control is one of the main causes of stress and lack of wellbeing.

The act of taking control is, in itself, empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.

Connect with people

A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way.

The activities we do with friends can help us relax and relieve stress.

Talking things through with a friend may also help you find solutions to your problems.

Read about 5 steps to mental wellbeing, including the benefits of connecting with other people -

www.nhs.uk/mental-health/self-help/ guides-tools-and-activities/five-steps-tomental-wellbeing

Have some "me time"

Many of us work long hours, meaning we often don't spend enough time doing things we really enjoy.

It's important to take some time for socialising, relaxation or exercise.

You could try setting aside a couple of nights a week for some quality "me time" away from work.

Challenge yourself

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, can help build confidence. This may help you deal with stress.

It can also make you want to do things and be active.

Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping.

They might provide temporary relief, but in the long term, these crutches won't solve your problems. They'll just create new ones.

It's best to tackle the cause of your stress.

Help other people

Evidence shows that people who help others, through activities such as volunteering or community work, often become more resilient.

If you don't have time to volunteer, try to do someone a favour every day. It can be something as small as helping someone cross the road or going on a coffee run for colleagues.

Find out more about giving for mental wellbeing -

www.nhs.uk/mental-health/self-help/ guides-tools-and-activities/five-steps-tomental-wellbeing

Work smarter, not harder

Working smarter means prioritising your work, concentrating on the tasks that'll make a real difference.

Leave the least important tasks to last. Accept that you will not have time for everything.

Try to be positive

Look for the positives in life, and things for which you're grateful.

Try writing down 3 things that went well, or for which you're grateful, at the end of every day.

Accept the things you can't change

Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.

For example, if your company is making redundancies, you could focus on the things that you can control, such as looking for a new job.

Breathing exercises for stress

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for at least 5 minutes.

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REWARD IDEAS

| When you | You could |
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| Delay a craving | Buy fresh flowers |
| Choose not to smoke after an argument | Chat with a friend |
| Decide not to accept a cigarette from a coworker | Buy new shoes |
| Avoid a situation where you know you would want to smoke | Have a one-minute celebration in your own honour with confetti and dancing |
| Say, "No, thank you" when offered a cigarette | Eat chocolate |
| Recommit after a lapse | Plant a tree |
| Wait for an urge to subside on its own | Get a massage |
| Have a glass of wine without smoking | Listen to your favourite song |
| Buy a box of toothpicks instead of cigarettes | Take a candlelit bath |
| See a cigarette somewhere and do not pick it up | Declare your quit date a monthly holiday |
| Visit your in-laws without taking a smoke break | Put a gold star on your bathroom mirror |
| Leave a party early because you might smoke | Play with a puppy |
| Really want one but don't do it | Visit a museum |

| NOTES | |
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PERSONAL PLAN TO OVERCOME NICOTINE AND TOBACCO DEPENDENCE

| Date | No. of cigarettes/ roll-ups | What makes you want to smoke? Describe your feelings and thoughts. | Describe your thoughts and feelings, What could you try next time to help you stay Smokefree? |
|-------|-----------------------------------|--|---|
| Day 1 | | | |
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| Day 45 | | |

ADDITIONAL SUPPORT PAGE

ADDITIONAL SUPPORT FOR STOPPING SMOKING:

You can create your own quit plan with this NHS website - My quit plan - Stopping smoking:

www.nhsinform.scot/stopping-smoking/my-quit-plan

You can download the NHS smokefree app – keeps count of days smokefree and also amount saved – Available from Apple store and Google play just search NHS Smokefree app.

SMOKE FREE SHOKEFREE APP Our Smokefree app can help you stop smoking by providing daily support and motivation. Personal Plan to Overcome Nicotine and Tobacco Dependence:

www.ucsfhealth.org/-/media/project/ucsf/ ucsf-health/pdf/tobacco_workbook.pdf

Free Personal Quit Plan - Quit Smoking - NHS:

www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/personal-quit-plan

MENTAL HEALTH SUPPORT:

You can find a list of local mental health support on our One You website here -Mental Health and Wellbeing Support | One You South Gloucestershire:

https://oneyou.southglos.gov.uk/stress-less/emotional-wellbeing-support

Who to contact in a mental health crisis

If you are in immediate risk of harm, call 999.

If you are not in immediate danger, but are in a mental health crisis and need help now, contact **111**:

- Call 111 and select the mental health option
- Get help from 111 online: http://111.nhs.uk
- If you have a hearing problem, call 18001 111 using the Relay UK app or a textphone.
- For help in British Sign language use https://signvideo.co.uk/nhs111

In a crisis you can also contact:

- The Samaritans www.samaritans.org
 call free on 116 123
- CALM support for anyone affected by suicide. Suicide prevention helpline (5pm- midnight every day) 0800 585858 or use livechat:

www.thecalmzone.net/suicideprevention-helpline

- Shout https://giveusashout.org

 text SHOUT to 85258 for 24/7 text
 support
- Visit Avon and Wiltshire Mental Health Partnership (AWP) Help in an emergency webpage:

www.awp.nhs.uk/contact-us/helpemergency

SUPPORT FOR DRUGS & ALCOHOL:

DHI (Developing Health & Independence) is an integrated South Gloucestershire Drug and Alcohol Service which is here to help anyone in the area who is struggling with drugs or alcohol. For more information visit their website here - South Gloucestershire Drug and Alcohol Service | DHI:

www.dhi-online.org.uk/get-help/ adult-drug-alcohol-treatment/southgloucestershire-drug-and-alcohol-service To access this service, you can contact them by:

Phone: 0800 073 3011

Phone: 01454 868750

Email: info@dhisouthglos.org.uk

SLEEP SUPPORT:

You can visit our website page here which lists support available alongside tips and advice - Sleep Support | One You South Gloucestershire:

oneyou.southglos.gov.uk/stress-less/localsupport-and-advice

BEREAVEMENT SUPPORT:

Cruse bereavement is a charity providing bereavement support and advice - Home -Cruse Bereavement Support:

www.cruse.org.uk

HUB OF HOPE:

Hub of Hope is the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, they can help - Mental Health Support Network provided by Chasing the Stigma | Hub of hope: https://hubofhope.co.uk

Thank you for choosing One You Smokefree South Gloucestershire to support you in your Journey to a Smokefree life.

We hope that you found these resources useful.

We have now reached the end of your Smokefree journey with the South Glos Smokefree team – but will hopefully be at the start of your own Smokefree future. We do have a feedback survey about our Smokefree service, if you could spare a couple of minutes to complete, we would be very grateful and include any comments on these resources or others that you think could improve our support offer:

https://onlinel.snapsurveys.com/tdalpa#



If, in a few months, you are struggling or would like to re-engage with the One You South Glos Smokefree service, you are free to do so.

You can call on **01454 865337**, email us at **oneyou@southglos.gov.uk** or text your name and 'READY' to **80011**.

We just ask that you give yourself at least three months before contacting us again, so we can support as many people in South Gloucestershire as possible.

We will reach out to you at the 6 and 12 months mark just to check in, if you prefer, we don't, please just let us know.



These materials have been developed by One You Smokefree South Glos for the supportive use of individuals engaging with our service.

One You Smokefree South Glos Team





