



# Healthier Futures

## Quit Smoking Service

Healthier Futures is a free lifestyle change programme, led by a team of experts to support patients to make positive changes for a healthier future across a number of areas.

### About the programme

Our **Quit Smoking programme** includes up to 12 weeks of one to one specialist behaviour change and guidance as well as free access to treatment options such as nicotine replacement therapy or other stop smoking medications. It will also include carbon monoxide monitoring to demonstrate the week-on-week health benefits from remaining quit.

The benefits of quitting are evident in the body after only 20 minutes, and after 10 years the risk of a heart attack is the same as someone who's never smoked in their life!

### Who's eligible?

Individuals are eligible for the programme if they meet all of the following criteria:

- East Riding resident
- Aged 12+
- Current tobacco smoker

A parent or adult carer must be in attendance at all sessions for children aged 18 and under.

### Programme structure

The programme of support will be tailored to individual needs but will include:

- Understanding reasons for quitting and any past quit attempts
- Deciding on treatment options
- Education on the benefits of quitting for both the individual and those around them
- Coaching to understand smoking triggers
- Support to beat withdrawal symptoms and break the cycle of addiction
- Setting and preparing for the quit date
- Tools to support a successful quit
- Support to stay smoke free long term

### How to refer

You can refer a patient by visiting our website [www.healthier-futures.co.uk](http://www.healthier-futures.co.uk) and completing the referral details, upon receiving these we will contact your patient within 2-5 working days to complete their holistic assessment.