

GIVING UP SMOKING

RESOURCES IN SANDWELL

Do you want to give up smoking to
improve your health and well being ?

Are you pregnant and want to give up
to protect your unborn baby?

IF YOU'VE ANSWERED YES ...THEN
THIS RESOURCE IS FOR YOU



Giving up smoking is difficult, but every year thousands of people make the decision to quit so they can lead healthier lives. If you want to talk to someone about giving up smoking, please ask your nurse or doctor.

You can also find a Stop Smoking Service local to you or to access support here

1 RESOURCES IN SANDWELL

Healthy Sandwell - Health Exchange Stop Smoking Service

www.healthysandwell.co.uk/our-services/stop-smoking/

Public Health, Floor 2, Sandwell Council House, Freeth Street, Oldbury, B69 3DE

0121 569 5100

0800 0114656

Smokefree Sandwell

smokefreesandwell.co.uk/support/

YMCA Black Country Group
Office 5B, Western Gateway,
38 Carters Green,
West Bromwich
B70 9LG

0121 740 0040



Local Services

[Find Your Local Stop Smoking Service \(LSSS\) - Better Health - NHS](http://www.nhs.uk)
(www.nhs.uk)

2 NHS RESOURCES

NHS Support to quit smoking

www.nhs.uk/better-health/quit-smoking/

0300 123 1044



www.healthwatchsandwell.co.uk

0121 569 7211

info@healthwatchsandwell.co.uk

[Facebook.com/HWatchSandwell](https://www.facebook.com/HWatchSandwell)

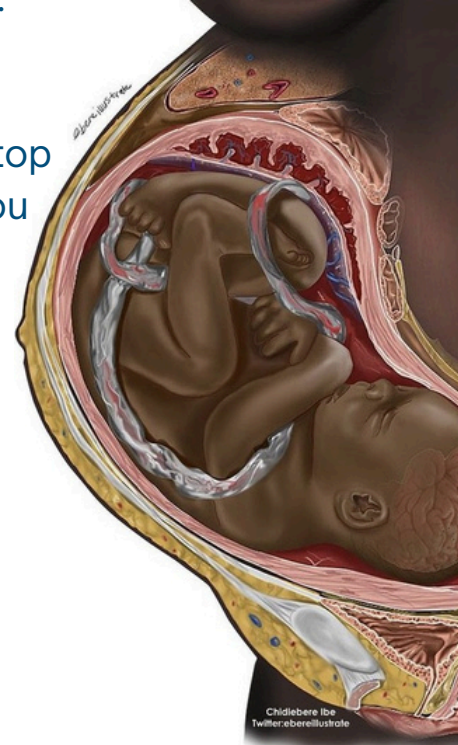
[Healthwatchsandwell](https://www.instagram.com/Healthwatchsandwell)

[@HWSandwell](https://twitter.com/HWSandwell)

Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. It can be difficult to stop smoking, but it's **never** too late to quit.

Stopping smoking will help both you and your baby immediately and in the future.

The sooner you stop smoking, the better. But even if you stop in the last few weeks of your pregnancy this will benefit you and your baby.



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RESOURCES DURING PREGNANCY

Smoking In Pregnancy - Local Support

www.blackcountry0-18.nhs.uk/pregnant-women/staying-healthy-pregnancy/smoking-pregnancy

NHS

www.nhs.uk/pregnancy/keeping-well/stop-smoking/

www.nhs.uk/start-for-life/pregnancy/smoking-and-alcohol-during-pregnancy/



The National Smokefree helpline offers free help, support and advice on stopping smoking and can give you details of local support services. You can also sign up to receive ongoing advice and support at a time that suits you.

Information:

 National Smokefree helpline: **0300 123 1044**

 www.healthwatchsandwell.co.uk

 0121 569 7211

 info@healthwatchsandwell.co.uk

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 [Healthwatchsandwell](https://www.instagram.com/Healthwatchsandwell)

 [@HWSandwell](https://twitter.com/HWSandwell)

4 APPS

What is an App?

An application (more commonly known as an app) is a self-contained software package that allows you to perform specific tasks on a mobile phone or desktop device. Apps can be distributed via a proprietary app store such as the Apple App Store or Android app stores on an android device.

 www.nhs.uk/better-health/quit-smoking/



 www.stopsmokinglondon.com/stop-smoking-app/



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