

#### Smoking Cessation



There are delays with processing of referrals so please manage expectations when if promoting this service.

#### Residents must meet the following criteria:

- Lives, works, studies and/or is registered with a Hounslow GP
- 12+ years
- Smoker (can be any/all forms of tobacco & nicotine use)

**Offer & Time Commitment:** Tier 1 is self managed; Tier 2 is a 6 week behave & pharmacy; Tier 3 is 12-24 weeks target support (pregnant, Mental Health, Children and young people) including Harm reduction.

#### Health & Wellbeing Coaching



Coming soon! Please manage expectations if promoting this service.

#### Residents must meet the following criteria:

- Lives, works, studies and/or is registered with a Hounslow GP

**Offer & Time Commitment:** Up to 10 x 1-1 support to reach varied Health and Wellbeing goals – e.g. move more, eat well, drink less alcohol, stress less.