

Don't Let Smoking Control You

Smoking increases your risk of developing 50 serious health conditions including:

Lung Cancer

Heart Disease

Pneumonia

Stroke

Diabetes

Heart Attack

How we can help

- Information on smoking, vaping, & FREE support to help you quit
- Providing carbon monoxide (CO) readings to measure your progress as you quit
- Our Swap-to-Stop campaign is now provides free vape starter kits and up to 12 weeks of e-liquids to help smokers across Hounslow quit
- Stop smoking support in workplaces, local community venues or brought to you at home via our telephone support service
- A 6-week programme to quit smoking delivered by our Stop Smoking Advisors or by trained advisors in your local pharmacy
- Or up to 24 weeks of specialist support to quit smoking, quit vaping or to take a harm reduction approach

Did you know?

With the right support and guidance, it is easier to stop smoking. Good things start to happen - when you quit smoking!

Without the support of the Stop Smoking service, I would not have been able to quit smoking. I would highly recommend this service to anyone wanting to quit smoking. I feel great!

- Cliff, Stop-Smoking Completer

It's been a great experience that I wasn't expecting to appreciate to this extent. The support has been hugely beneficial and I genuinely think it's made a massive difference in helping me quit smoking.

- Frances, Stop-Smoking Completer

Scan here for more info



Healthy Hounslow has partnered with different organisations to promote healthier lifestyles, encouraging increased activity, better nutrition, and smoking cessation.

Some of the services provided are Smoking Cessation, Weight Management, Exercise on Referral, Community NHS Health Checks & more.

If you would like to learn more about our stop smoking service, please visit our website. You can also self-refer with the information below.

www.healthyhounslow.co.uk

Office Opening Hours:

Monday to Friday, 9:00am - 5:00pm

0204 559 8200

hello@healthyhounslow.co.uk

**Healthy
Hounslow** 



**London Borough
of Hounslow**

Morelife
The power to be more you