

> Why is it important?

Whatever long term condition you are living with, stopping smoking will be one of the things you can do to help manage your condition. Some people find it easier than others to stop smoking so we've put together this list of online resources to help you.

ONLINE RESOURCES	DESCRIPTION
Action on Smoking and Health ASH	Campaigning public health charity. Website contains tips on quitting and information about treatment to help you stop smoking.
Stop Smoking London Helpline 0300 123 1044	Bromley no longer has a specialist stop smoking service but you can use the Stop Smoking London website and portal. It contains lots of helpful information about quitting and links to other services including Apps.
NHS Live Well Stop Smoking	NHS Live Well pages have information on over 100 topics about healthy living. The stop smoking pages are full of tips to help you give up, information on the benefits of quitting and the treatments that are available to help you.
NHS Approved Apps Healthy Living	Links to NHS Wellbeing Apps designed to support you in making healthy lifestyle changes

STOPPING SMOKING TIPS

- Identify your smoking triggers and plan ahead
- Take it 1 day at a time
- Buddy up with a friend and support each other
- Use nicotine replacement products to cope with withdrawal
- Avoid situations where you might be tempted to smoke
- Note how much cash you are saving and treat yourself
- Keep telling yourself **you can do it!**

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To contact Bromley Well call the Single Point of Access on **0808 278 7898** or direct Lifestyle Support lines **07985 431484 / 07985 444210** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk



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