



STOPPING SMOKING

Bromley

Well

HEALTH FACT SHEET

Updated April 2025

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.

SmokeFree Bromley

www.changegrowlive.org/smokefree-bromley

0808 281 5933

Free service for people who want to stop smoking, offering online or in-person one-to-one support for up to 12 weeks, free smoking aids, and local drop-in clinics.

Stop Smoking London

<https://stopsmokinglondon.com/>

Help Line 0300 123 1044

A Public Health Programme to help Londoners quit smoking. Their website has helpful information about quitting and they also have a **Smokefree app** for adults.

Action on Smoking and Health

<https://ash.org.uk/>

Campaigning public health charity with more tips on quitting and information on treatments to help you stop smoking.

NHS Live Well Stop Smoking

<https://www.nhs.uk/live-well/>

Website full of tips to help you give up, information on the benefits of quitting, and the treatments that are available to help you.

TIPS

IDENTIFY YOUR SMOKING TRIGGERS

Sometimes certain things make us want to smoke such as stress. Noticing these patterns can help you plan ahead and also avoid situations where you may be tempted.

PACE YOURSELF

Take it one day at a time.

BUDDY UP

It can be great to have someone to hold you accountable and encourage you.

USE NICOTINE SUPPLEMENTATION

Patches and sprays can help with withdrawal.

CELEBRATE THE LITTLE THINGS

Make sure you take the time to celebrate yourself, doing things like using the money you save to treat yourself can really help.

To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk