

**Today is the start of No Smoking Month.** In this first week of March, the Health Improvement Team’s Stop Smoking Service will be promoting the **Make March Your Month to Quit Campaign**.

**The Stop Smoking Service** would like you to get in touch throughout the month of March, either to refer yourself or a patient for support. Click [**here**](http://intranet.belfasttrust.local/directorates/nue/Pages/Smoking-Cessation-Team.aspx)to make a referral

With all that has happened in our world since March 2020, we have chosen to focus much of this week on supporting smokers with their health and well-being, in particular their mental health.

We will be sharing some useful information, launching videos, animations, podcasts etc.

Keep an eye out for our posts:

* BHSCT Twitter for **#NOSMOKINGMONTHNI**
* BHSCT Facebook
* The Stop Smoking Service’s Facebook group [www.Facebook.com/groups/bhsctstopsmoking](http://www.Facebook.com/groups/bhsctstopsmoking)
* Belfast Trust Hub
* Daily news feeds
* BWell [Stop Smoking | B Well Belfast](https://bwellbelfast.hscni.net/positive-choices/stop-smoking/)

To get in touch with the Stop Smoking Service, call 02895046714 or email stopsmoking@belfasttrust.hscni.net

The Health Improvement Team’s “Top Tips for Looking After Yourself” programme can help you develop healthy strategies to manage stress and improve your wellbeing.  Dates are available during March [click here for more information](https://bhsct.sharepoint.com/SitePages/Improve-Your-Emotional-Wellbeing-with-Top-Tips.aspx)

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