

Need help quitting?

The Stop Smoking Service are here to help



As a Belfast Trust staff member you are entitled to **free and confidential** stop smoking advice and support including:

- Motivational support
- Breaking the habit
- Confidence Building
- Weekly Support
- Behavioural Support
- Nicotine Replacement Therapy (NRT)



Stopping smoking is the single most important thing you can do to improve your quality of life, so let's start today.

And the good news is that you are **4** times more likely to succeed at stopping smoking with the support of a stop smoking specialist and NRT/stop smoking medication than if you try to quit unaided.

To make a referral for yourself or a colleague click [here](#)

Email: stopsmoking@belfasttrust.hscni.net or call
02895046714

For more information visit [Stop Smoking | bWell](#)

