

Smoking

Smoking causes a whole range of medical problems from cancer and cardiovascular disease to impotence and chronic lung disease. It is now known that passive smoking can also lead to these diseases. Across the UK, passive smoking has been estimated to account for over 10,000 deaths a year.

Smokers who access support are four times more likely to be successful in stopping smoking than those who go it alone. You may book an appointment with our stop Smoking Advisor at the Health Centre to discuss stopping smoking and find out more about what is available to support you. The stop smoking clinic is on Fridays from 10am to 1pm. Appointments are available for the rest of the week, am, pm, and on Tuesday evenings.

There are also several websites and help lines:-

King's College Health Centre 020 78482613

Quitline 0800 00 22 00

NHS Smoking Helpline 0800 169 0 169

- [Ash](#) - Action on Smoking and Health
- [Stoptober](#) - **Stoptober, it's like October but without the cigarettes. Stop for 28 days and you're five times more likely to stay smokefree. There's lots of free support to help you. Last Stoptober over 160,000 people stopped smoking for 28 days. Join them! (Follow our smokefree link below).**
- [Smoke Free](#) - NHS advice to help you stop smoking 0800 022 4 332
- [Quit](#) - the UK charity that helps smokers to stop and young people to never start.
- [iCoach](#) - a free online health coach - will save you loads of money, make you feel and look so much better, and get those taste buds working again.
- No Smoking Day 2016 is on 9th March. The official website for smokers wishing to stop on this day is: [Kick-it](#)

Self-Hypnosis/Progressive relaxation/Guided Imagery:

Save these as a playlist on YouTube then they can be listened to back-to-back without having to restart each recording:

[Self Hypnosis Stop Smoking Part 1](#)

[Self Hypnosis Stop Smoking Part 2](#)

[Self Hypnosis Stop Smoking Part 3](#)

[Self Hypnosis Stop Smoking Part 4](#)

Another method which works for some patients is the [Allan Carr](#) method and we have his books available to loan at the Health Centre.