

# *Support to* **STOP SMOKING**

From Monday 5 September 2016, the Strand and Waterloo Campuses will be smoke-free. This means no smoking is allowed in indoor and outdoor spaces.

We understand that giving up smoking can be difficult without support, which is why King's is offering stop smoking clinics for staff and students

## **Stop smoking clinics**

Stop smoking clinics are available at King's College NHS Health Centre for students and staff who have registered at the Health Centre. They provide one-to-one support to those who want to stop smoking.

### **Stop smoking clinics provide:**

- ♦ expert advice and friendly support
- ♦ a personal quit plan
- ♦ stop smoking materials, such as a Quit Guide and a Stop Smoking App
- ♦ free nicotine replacement therapy (NRT)
- ♦ motivational tips on how to stay on track
- ♦ opportunities to check and record carbon monoxide levels
- ♦ a choice of support options to fit your lifestyle.

## **What to expect**

### **A friendly, private chat**

At your first session, your adviser will talk you through all the options available to you.

There is no pressure – you will be encouraged to quit at your own pace. Together you will set and agree your stop smoking date.

### **Support sessions**

Six one-to-one sessions are available to support you. Based on your smoking and medical history, and current smoking habits, your adviser will help you decide which stop smoking treatment will work best for you.

### **Keeping on track**

In your final session, you will explore options for what to do when the temptation to smoke arises once your sessions have ended. Telephone sessions for extra support are also available.

To book an appointment, or to register, call King's College NHS Health Centre at **020 7848 2613**. If you have any questions about the clinics, email **[cheryl.collins@kick-it.org.uk](mailto:cheryl.collins@kick-it.org.uk)**