



We are smokefree

Information on how our smokefree services could impact you

For a better life



Most of us are aware of the physical risks of smoking, but you may not know that smoking can also affect your mental health. Stopping smoking is associated with reduced depression, anxiety and stress, improved mood and quality of life, with an effect that is equal to, or greater than, antidepressant treatment.

With this in mind, we became a smokefree Trust in October 2017. We now ask people who use services, carers, staff and visitors not to smoke tobacco-based products in any of our buildings or grounds, including community and hospital car parks and gardens.

How does this impact me?

If you smoke, we can work with you and support you to stop, if you want to, or abstain from smoking whilst on our premises. If you decide to continue smoking tobacco products, we ask you to do so away from our premises.

How will I be supported?

- Anyone staying in our hospitals who is a smoker will be offered Nicotine Replacement Therapy (NRT). This includes a combination of sprays, lozenges, patches, gum and other items to suit their needs.
- We aim to make sure anyone arriving at hospital who is a smoker is offered NRT within 30 minutes of arrival and their care plan includes support for stopping smoking.
- Our community services staff are trained to provide advice about stopping or reducing smoking and can refer anyone who would like further guidance to specialist help and support.
- We can also support carers in community and hospital settings and put them in touch with stop smoking services.

How are sites kept smokefree?

We are focusing on increasing the support available to people who want to quit, rather than seeking out those who carry on smoking. Where people are found to be smoking tobacco products on our premises, this is approached in a non-confrontational way.

Can I vape?

You are free to vape in designated areas on Trust premises. Speak to a member of our staff for further advice.

For more information

If you would like specialist support to quit smoking, speak to your GP or care coordinator who will be able to advise you.

You can also contact Quit 51, our local stop smoking service, at www.quit51.co.uk or tel: 0800 622 6968.

If you would like this information in another format or another language:

Call: 01372 216285 SMS text: 07786 202545

Email: communications@sabp.nhs.uk

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www.sabp.nhs.uk

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