

Surrey and Borders Partnership **NHS**
NHS Foundation Trust



CARE² QUIT



Smoking at Surrey and Borders Partnership

No one can smoke at our Trust from the

2nd October 2017



- You cannot smoke inside the buildings.
- You cannot smoke outside of the buildings in the car parks or the gardens.



Smoking

- Smoking is bad for you and can make you very ill.
- You can die from smoking.
- Smoking can make you feel anxious and sad.

Stopping smoking can be difficult, but we will help you and it will make you more healthy.

Be healthy and happy



Stopping smoking is hard.

We can help if you want to stop smoking for good.

If you come to hospital you can't smoke cigarettes.

We can give you:

Sprays



Lozenges



Patches



Chewing gum



We will help you by:

Giving you time to exercise



Giving you healthy foods, snacks and drinks.

Finding you a stopping smoking service.



We will support you, your family and staff to stop smoking.



What is good about not smoking

You will:



Be healthier

Save money



Have more energy

For more information on giving up smoking:

We work with **Quit 51** to help people give up smoking.

Quit 51 are a group of people who know about the dangers of smoking and why people should stop.



Call Quit 51 on 0800 622 6968

www.quit51.co.uk



To contact Surrey and Borders Partnership:



Telephone: 0300 55 55 222



Textphone: 020 8964 6326



Web: www.sabp.nhs.uk

If you would like this information in another format such as large print, Braille or in another language please contact us on:

Tel: 01372 216285 / SMS text: 07786 202545 / email: communications@sabp.nhs.uk

Surrey and Borders Partnership NHS Foundation Trust
18 Mole Business Park, Leatherhead, Surrey, KT22 7AD

Tel: 0300 55 55 222
Fax: 01372 217111

Textphone: 020 8964 6326
www.sabp.nhs.uk