



## Care 2 Quit

Our plans for a smokefree,  
healthier future

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 larger than, antidepressant treatment.

With this in mind, NHS England has issued new guidance that states all mental health Trusts should be smokefree by 2018. We have therefore set a smokefree date of 2nd October 2017, after which we will ask people who use services, carers, staff and visitors not to smoke in any of our buildings or grounds, including community and hospital car parks and gardens.

### **How will this impact me?**

If you are a smoker, we will work with you and support you to stop smoking, if you want to, or abstain from smoking while on our premises. Work will take place in community and inpatient settings to help you prepare for our smokefree services. If you decide to continue smoking, you will be asked to do so away from our premises.

### **How will I be supported?**

We will empower people staying in our hospitals who wish to quit smoking by offering Nicotine Replacement Therapy (NRT). This includes a combination of sprays, lozenges, patches, gum and other items to suit your needs. We will also make sure we provide access to leisure and physical activities and healthy food choices, including healthy drinks and snacks for those trying to quit.

We will make sure people coming in to our hospital services are offered NRT within 30 minutes of arrival and that their care plans include support for stopping smoking.

Our community services staff will be trained to provide advice about stopping or reducing smoking and will refer those who would like further guidance to specialist help and support.

We will support carers in community and hospital settings and signpost them to stopping smoking services.

### **How will sites be 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.

Much of the support and advice available to help people quit or cut down smoking will be provided in our community settings ahead of the smokefree date, so that people feel ready for smokefree services when they arrive. Where people are found to be smoking on our premises after the smokefree date, this will be managed in a nonconfrontational way.

### **Can I vape?**

Although vaping is still in its infancy, there is evidence that points to it being a less harmful option compared to smoking tobacco. Therefore, we will be allowing vaping in designated areas on Trust premises, including inpatient gardens.

## For more information

Visit [www.sabp.nhs.uk/quit](http://www.sabp.nhs.uk/quit) for more information on our Trust going smokefree. If you would like specialist support to quit smoking, speak to your GP or care coordinator who will be able to signpost you.

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

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

Call: 01372 216285

Email: [communications@sabp.nhs.uk](mailto:communications@sabp.nhs.uk)

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