

Welcome To The Smokefree Team



patient artwork

The Smokefree team are committed to empowering patients and ensuring that patient centered care is at the heart of our practice both in hospital and in the community. A bespoke stop smoking service is available for community patients with serious mental illness.

The service helps to address the health inequalities and subsequent reduction in life expectancy of those who smoke.

We also support staff, sign posting them to the NHS staff stop smoking offer, which includes 24/7 access, support and funded NRT or vapes.

Did you know..

Smoking rates among people with severe mental health are more than three times that of the general population

Leading to higher addiction and severe multiple disadvantages

We know that people with a mental health condition die on average 10 to 20 years earlier than the general population. This is due to smoking related illness.

It is the responsibility of every clinician to treat tobacco dependence

1.2 million people with severe mental illness are living in poverty and are current smokers.

Approximately one third of their income is spent on tobacco.

Smoking is a chronic relapsing clinical condition

Our Smokefree Trust



Notts Healthcare is smokefree which means that using and smoking tobacco cigarettes on our wards and premises is not allowed.

This follows Public Health & CQC Guidance issued to encourage being smokefree in mental health settings.

We offer comprehensive smoking cessation support to a wide range of patients including:--

- Adult Mental Health
- Mental Health Services for Older People
- Child and Adolescent Mental Health Services
- Mother and Baby Unit
- Intellectual Disability Unit
- Local Mental Health Teams


This includes a harm reduction programme that can lead to full smoking cessation, with personalised support from our Tobacco Dependency Advisors tailored to each individual's needs.

Our community team collaborates with relevant local healthcare providers and Stop Smoking Services to deliver a seamless, holistic service for patients.



Myth's On Smoking

The average loss of life per cigarette smoked, is approximately 20 minutes



Smoking helps me
to relax when
feeling stressed?



Secondhand Smoke
isn't harmful?



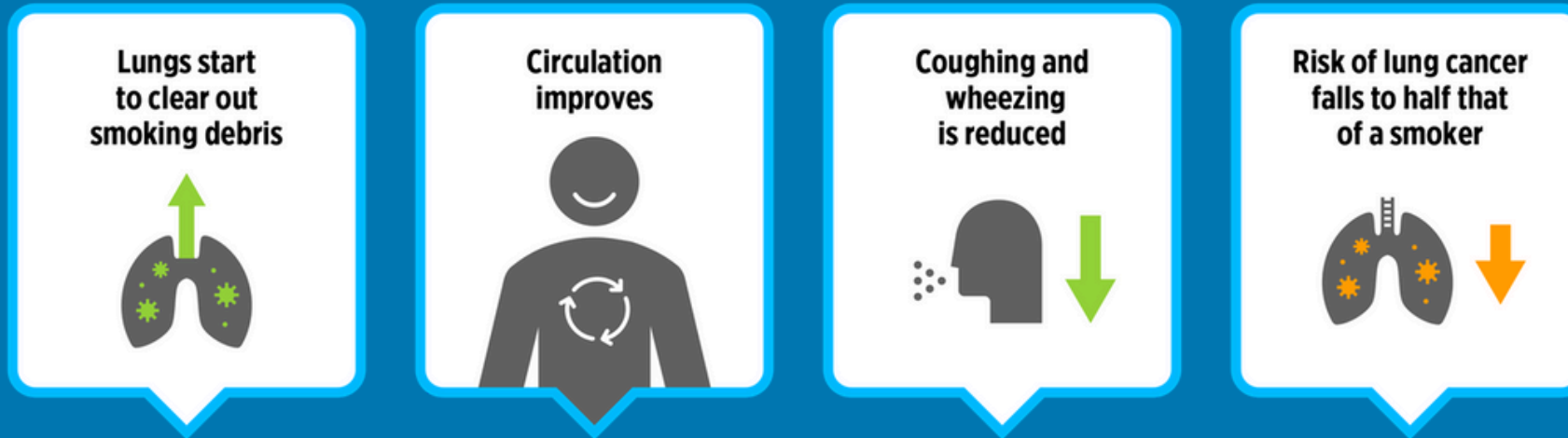
The damage is done,
there's no point
quitting now?

Myth *Replacing smoking with a healthier coping strategy for stress can provide real benefits to physical and mental health*

Myth *In non-smokers, second hand smoke has been reported to increase the risk of lung cancer by 20-30%, breast cancer by 67% and coronary heart disease by 25-35%.*

Myth *when you swap or stop smoking the physical benefits happen quickly, within 20 minutes blood pressure & heart rate return to normal*

The Health Benefits of Stopping It's never too late to quit



Our Local Stop Smoking Services



Nottinghamshire Healthcare
NHS Foundation Trust



Your Health
Notts

Nottinghamshire county residents



0115 772 2515



Nottingham City residents



01156 485724