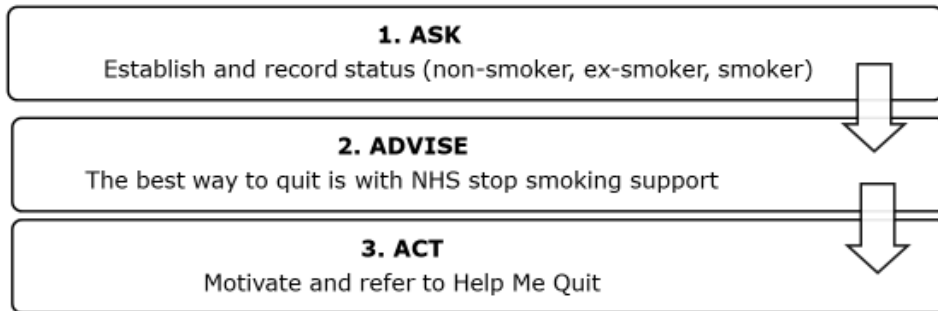


## Very Brief Advice Model for Practitioners:

# Supporting People to Quit

Having the conversation: Making Every Contact Count / Very Brief Advice



## 2. Advise

**The best way to quit smoking is with free NHS stop smoking support offered through Help Me Quit.**

NHS stop smoking services offer smokers the greatest chances of success by providing:

- Structured, tailored and expert support
- Carbon monoxide monitoring for motivation
- Access to free licensed stop smoking medication

Smokers are four times more likely to successfully quit smoking with NHS stop smoking support than going it alone



## 3. Act

Smokers can get support directly by:

- **Freephone:** 0800 085 2219
- **Texting\*:** HMQ to 80818 (texts cost a standard rate message)
- **Completing a call-back form at:** <https://www.helpmequit.wales/request-a-call-back/>

Professionals should refer smokers by:

- Using existing referral routes such as the web-based referral platform: Quit Manager. If you aren't registered as an e-referrer and would like to be, please email [helpmequit@wales.nhs.uk](mailto:helpmequit@wales.nhs.uk)
- Telephone Help Me Quit with the clients permission: 0800 085 2219
- Using the professional referral short form on Help Me Quit website: <https://www.helpmequit.wales/professional-referral-form/>



<https://www.helpmequit.wales/request-a-call-back/>

[helpmequit@wales.nhs.uk](mailto:helpmequit@wales.nhs.uk)

<https://www.helpmequit.wales/professional-referral-form/>

## What else can you do?

- Display posters, contact-cards and leaflets (print and/or digital)
- To order Help Me Quit resources visit PHW Health Information Resource website: [Helpa.Fi.i.Stopio / Help Me Quit \(nhs.wales\)](http://Helpa.Fi.i.Stopio/HelpMeQuit.nhs.wales)
- 
- Access MECC Level 1 online: [MECC // Public Health Network :: E-Learning](#)
- Access NCSCT VBA+ [NCSCT e-learning](#)



I will double check the link for ordering resources and get back to you

[MECC // Public Health Network :: E-Learning](#)

[NCSCT e-learning](#)