

# Want to stop or reduce your smoking?

## Information and support guide for cigarette smokers

**Many people are using the lockdown period to improve their health, and this might include:**

- + Wanting to completely stop or reduce cigarette smoking, or
- + Wanting to switch from cigarette smoking to a safer form of nicotine such as vaping using an electronic cigarette, or using another nicotine product (e.g. nicotine gum, mouth sprays, or pouches).

Stopping or reducing cigarette smoking can help reduce the risks associated with contracting COVID-19. Wherever you end up living when you leave your current hotel accommodation, support is available to help reduce or stop cigarette smoking.

**Homeless Hotels Drug and Alcohol Support Service (HDAS-London)**

## To get help:

- + You do not need a fixed address
- + You do not need identification or an NHS number
- + Your immigration status does not matter
- + You do not need to be registered with a General Practitioner (GP)
- + You do not need to pay any money

## Support for reduction or stopping smoking can include:

- + **Switching to an alternative form of nicotine:** Replacing the nicotine you would normally get from a cigarette with an alternative nicotine product to reduce withdrawal symptoms. This can help you stop smoking, temporarily or for good. Products to support this include: patches, gum and e-cigarettes
- + **Talking Therapy:** Talking with a professional to understand how and why you smoke, and how to make positive changes
- + **Online support**

 If you are **already using an electronic cigarette (e.g. a JUUL or Vype) or a nicotine replacement therapy (nicotine pouch, mouth spray or gum) provided to you in the hotel**, talk to a support worker to make sure you are given a two week supply of either e-cigarette refills or alternative nicotine products when you leave the hotel. You can continue to get support in the new area where you are housed.

Most London boroughs and neighbouring counties have free smoking cessation provision that is there to help you.

Call the free Stop Smoking London helpline: **0300 1231044**

Or visit the Stop Smoking London website:

**<https://stopsmokinglondon.com/>** where you can find help and information on services local to you.

Alternatively, you can speak to your GP or local pharmacist to get help.