



# OneLife Suffolk Stop Smoking Service



## Service Description:

OneLife Suffolk's Stop Smoking service is a 12-week programme that provides supportive behaviour change therapy to help patients quit smoking for good. We offer Carbon Monoxide monitoring, a direct supply of Nicotine Replacement Therapy and access to prescribed medications such as Zyban and Champix.



With OneLife Suffolk's support, patients are three times more likely to quit smoking for good.

## Eligibility Criteria:

The service is accessible to anyone who has **smoked a tobacco product** in the **last 48 hours**, is **12 years old** and above and is a **resident of Suffolk**.



## Patient Benefits:

- 12 weeks worth of intensive support with an additional 12 months worth of maintenance support.
- A psychologically based programme to encourage long-term change and healthy habits.
- Quitting smoking can help improve quality of life, allow for better breathing and more energy, improve mental health, protect those around you from second-hand smoke, improve taste and smell, improve appearance of skin and teeth, and save money.



## How to refer:

You or your patient can visit:  
[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)  
or call: 01473 718193

Scan QR code to learn more





# Client Pathway

