



# Smokeless

If you are trying to smoke less or quit, we know how hard it can be, but we are here to help

You are 3 times more likely to quit when you combine medicines like nicotine replacement therapy with specialist support

**Smokeless is Chelsea and Westminster Hospital Foundation Trust's stop smoking service, available to all inpatients who smoke.**

**We offer friendly expert advice on:**

- **Managing cravings whilst in hospital**
- **Reducing the amount you smoke**
- **Giving up smoking for good**

Specialist smoking cessation advisors are available to see you on the ward, Mon – Fri 9am-5pm.

Please ask your doctor or nurse to refer you.

For more information email: [chelwest.smokeless@nhs.net](mailto:chelwest.smokeless@nhs.net)

