

THE ISLAND'S FREE

Stop Smoking Service



*“It worked
for me”*

54 YEAR OLD FEMALE, PEEL

*“Professional
help for free!”*

48 YEAR OLD MALE, DOUGLAS



QUIT4YOU



Reach out for a new start



Did you know?

You are 4 times more likely to quit smoking if you combine Nicotine Replacement Therapy with sessions at your NHS stop smoking service.

Quit4You is the Island's FREE Stop Smoking Service. It provides practical advice, friendly support and encouragement to anyone who wants to quit.

More than a thousand people have already come to our services, taking the first step to a new start.

If you're thinking about quitting smoking, there are lots of options available.

Quit4You offers:

- 1-to-1 appointments at many GP surgeries and Pharmacies
- Drop-In Clinics in Douglas, Peel and Ramsey
- Free sessions in workplaces (1 hour 'taster' sessions and groups)
- Vouchers for Nicotine Replacement Therapy
- Services for pregnant women (Quit4Two)

Regular sessions are available throughout your quit attempt. Appointments are usually face-to-face, but if you are unable to attend, your Advisor can arrange a call or text.

Quit4You sessions include discussing:

- Your smoking history & if you've tried to quit before
- Your smoking patterns & nicotine dependence
- What you think might help you
- Treatment options
- Setting a quit date & preparing to quit
- How you are finding quitting
- Helping you identify new coping strategies

Medications to help you quit

If you would like to use Nicotine Replacement Therapy (NRT), your Advisor will ask you some medical information. If NRT is suitable, they can provide you with a voucher or prescription, which means you don't have to see your GP. Although the NRT is free, you'll have to pay a small 'prescription cost' unless you're exempt from these.



Quit4You can also provide information about other stop smoking medications (Champix and Zyban), but these are only available on prescription from your GP surgery.



“60 weeks without smoking”

35 YEAR OLD FEMALE,
GP SURGERY SERVICE

“I'm more active, less breathless”

30 YEAR OLD MALE,
GP SURGERY SERVICE

Free Quit4You Drop-In Clinics

(No Appointment necessary)

DOUGLAS

Every Tuesday 5.30-7pm

Promenade Methodist Church, Loch Promenade

PEEL

Every Monday 5.30-6.30pm (except Bank holidays)

Age Concern Day Centre (Ny Kiare Thieyn)

Off Derby Road (opposite Peel Medical Centre)

RAMSEY

Every Wednesday 5.30-6.30pm

Ramsey Cottage Hospital

Use Bride Ward entrance and follow signs

For more information call

Anita Imberger 642404

*“Friendly approach and
helpful advice”* DROP-IN CLINIC



Help to quit smoking in pregnancy...

The **Quit4Two** service has been specially created to help pregnant women quit smoking.

Quit4Two offers:-

- Personalised support from a Stop Smoking Midwife until after the birth of your baby
- Appointments in several community locations
- Text and email support
- Free Nicotine Replacement Therapy
- Advice for family members who smoke



**To book an appointment contact:
Mary O'Connor
Stop Smoking Midwife
Women's Outpatients, Noble's Hospital**

**Telephone: 650313
Mobile: 456483
Email: Mary.O'Connor@gov.im**



Quit4Two

Reach out for a New Start

Other information and support that is available for help to stop smoking...

For a Stop Smoking Information Pack, call Public Health on 642693.

See overleaf for the Island's free Stop Smoking Services.

You can also ask your Health Visitor, School Nurse, Practice Nurse, GP or Pharmacist for stop smoking advice.

Nicotine Replacement Therapy products are available on prescription from your GP and can also be purchased from Pharmacies. Other medications to stop smoking (Champix and Zyban) are only available on prescription from your GP. There are cautions for some medical conditions and medicines you may already be using.

Free UK Helplines

NHS – 0800 169 0 169 (7am-11pm)

QUIT – 0800 00 22 00 (9am-9pm)

Pregnancy NHS – 0800 169 9 169 (12-9pm)

Free Email Counselling Service

stopsmoking@quit.org.uk

for same day advice and support from QUIT

Try the following websites

www.Quit4You.gov.im

(Isle of Man website)

www.gosmokefree.co.uk

www.canstopsmoking.com

www.quit.org.uk

www.netdoctor.co.uk/smoking

www.nosmokingday.org.uk

www.ash.org.uk

Local Quit4You Services

For help to find a service that suits you, contact
Anita Imberger (Coordinator)

Tel: 642404 Text: 455465

Email: Anita.Imberger@gov.im

Website: www.Quit4You.gov.im

Or you can choose a service listed below
and ring them directly.

THESE PHARMACIES OFFER QUIT4YOU SERVICES. ASK THE PHARMACIST FOR HELP.

Atkinsons/Clear Pharmacy	2 Granville Street, Douglas	673402
Boots The Chemists	14-22 Strand Street, Douglas	672130
Corkills Pharmacy	1 Main Road, Onchan	615150
Lloyds Pharmacy	Church Road, Port Erin	833101
Castle Pharmacy	20 Malew Street, Castletown	822512
The Village Pharmacy	Main Road, Kirk Michael	878545

THESE GP SURGERIES OFFER QUIT4YOU SERVICES TO THEIR PATIENTS. ASK FOR AN APPOINTMENT WITH THE QUIT4YOU PRACTICE NURSE

Finch Hill Health Centre	Kensington Road, Douglas	656050
Hailwood Medical Centre	2 Hailwood Court, Governor's Hill	686949
Ballasalla Medical Centre	Main Road, Ballasalla	823243
Laxey Health Centre	New Road, Laxey	861350
Snaefell Surgery	Cushag Road, Anagh Coar	629010
Village Walk Health Centre	1 The Village Walk, Onchan	656020

THE FOLLOWING QUIT4YOU STOP SMOKING SERVICES ARE ALSO AVAILABLE:

Workplace Sessions	Angela Howland	642177
Drop-In Clinics	Anita Imberger	642404
NHS Dental Service (Douglas)	Sharon Millar	673126/642785
Cannabis Stop Smoking Service	DASH	615622
Quit4Two Pregnancy Service	Mary O'Connor	650313/456483

“If you are ready to quit, but need a little help, this is the programme for you”

46 YEAR OLD FEMALE, WORKPLACE SESSION

“Friendly atmosphere and good encouragement to help you quit”

61 YEAR OLD FEMALE, DROP-IN CLINIC



DEPARTMENT OF HEALTH AND SOCIAL SECURITY

Rheynn Slaynt as Shickyrys Y Theay

Public Health Directorate, Crookall House
Demesne Road, Douglas, Isle of Man IM1 3QA
www.publichealth.gov.im Tel: 642639 Fax: 642684