

Be Smoke Free Manchester

Be Smoke Free is a tobacco addiction service that supports people in Manchester to stop smoking via a **nurse led** evidence-based service. We can provide **direct supply pharmacotherapy** and **psychosocial support** to anyone who is in treatment with us.

Covid-19 Update

You can still refer to **Be Smoke Free** during the Covid-19 outbreak.

Giving up smoking is one of the best things you can do for your health at any time. We know that smokers may be more seriously affected by Covid-19 compared to non-smokers, so it's now even more important for you to try to quit.

New referrals will be contacted and offered a comprehensive telephone assessment to produce a 12 week personalised Quit Plan. This includes,

- 1:1 work with a Tobacco Addiction Nurse Specialist
- Behavioural support
- Nicotine Replacement Therapy / Stop Smoking Medications
- Signposting to other services (if appropriate)

During the Covid-19 outbreak, Nicotine Replacement Therapy / Stop Smoking Medications will be delivered or posted out to you.

General Criteria

Anyone aged 12+, who smokes tobacco and lives in the Manchester area or has a Manchester GP can access the service.

How to refer

Telephone: 0161 823 4157

Email: manchesterbesmokefree@cgl.org.uk

Quit Manager: Organisations / health professionals can contact us to set up to refer direct on to our Quit Manager System

If you are making a referral on behalf of someone else, please ensure they have consented to receive support to stop tobacco use