

Help to Quit

1. Where can I get help to quit smoking?

Help and support on quitting smoking are available from cessation services provided by the Northern Health and Social Services Board. To find out about locally available services go to the following web page - www.nhssbtcg.co.uk/smoking-cessation-services.php

Alternatively you can call the following help line numbers for friendly help and advice

NHSSB Smoking Cessation Co-ordinator - 028 2531 1169

NI Smokers Helpline - 0800 858585 (free)

2. As an employer do I have to provide cessation services?

The legislation does not require employers to provide support for employees who want to stop smoking. However it is recommended good practice to encourage people to stop smoking, by raising awareness of the health and other benefits linked to stopping smoking. Employers are ideally placed to do this. Responsible organizations can offer valuable support to staff by publicising smoking cessation services and encouraging staff to access them.