

## Contacts

Kate McDermott  
Smoking Cessation Nurse  
Tel: 028 2563 6600  
Email:  
kate.mcdermott@northerntrust.hscni.net

Patricia McAllister  
Smoking Cessation Nurse (AAH)  
patricia.mcallister@northerntrust.hscni.net  
Tel: 028 94424511

Sonia Shirlow  
Smoking Cessation Nurse  
Mob: 078 2733 4605  
Tel: 028 7032 7032 Ext 5278  
(messaging service)  
Email:  
sonia.shirlow@northerntrust.hscni.net

Annette Barclay  
Smoking Cessation Midwife  
(Causeway Hospital)  
Email:  
annette.barclay@northerntrust.hscni.net

Smokers Helpline  
0808 8128008 Or  
Visit [www.want2stop.info](http://www.want2stop.info)



Northern Health  
and Social Care Trust

## Thought of the Day!

*Time to Quit?*

*Time to quit, yes I know.*

*But how do I let this habit go ?*

*Who is the strongest, Who's going  
to win. Let it be me and not the  
nicotine.*

*It's not easy to control and so  
hard to say No to this little  
monster tapping on my shoulder  
you know.*

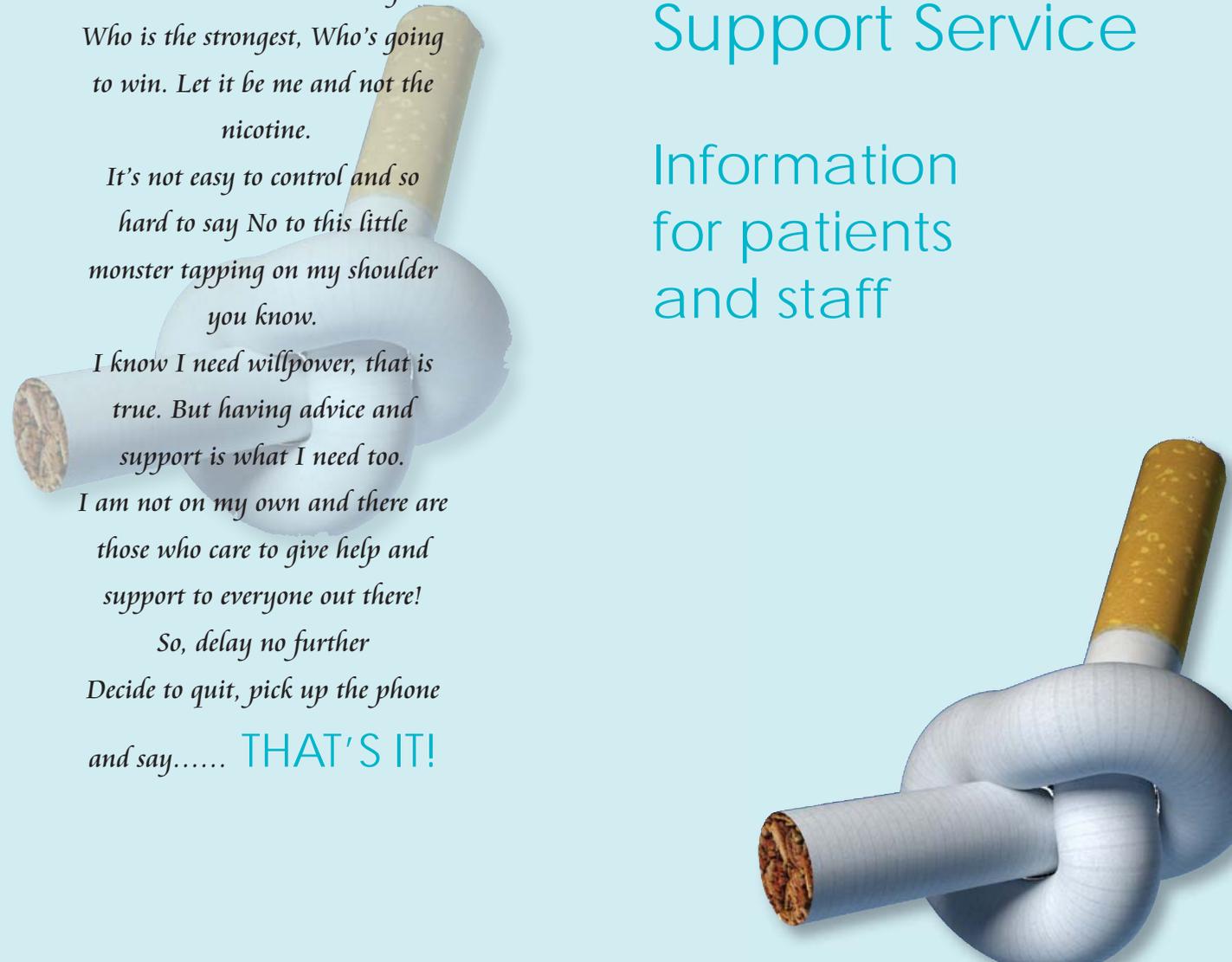
*I know I need willpower, that is  
true. But having advice and  
support is what I need too.*

*I am not on my own and there are  
those who care to give help and  
support to everyone out there!*

*So, delay no further  
Decide to quit, pick up the phone  
and say..... **THAT'S IT!***

## Stop Smoking Support Service

Information  
for patients  
and staff



## Need Help to Stop Smoking?

If you smoke, giving up is probably the greatest single step you can take to improve your health. Once you stop smoking your health improves immediately.

This leaflet outlines what the Trust can provide to help you stop smoking and some useful tips on how to quit successfully



## What the Trust Provides

The Trust provides support for patients and staff who are motivated to stop smoking.

The support is arranged at a time and venue that suits your needs and can be one to one, group telephone support.

Some topics that may be discussed are:

-  Exploring the reasons why you want to stop smoking.
-  Helping you set a quit date.
-  How to overcome the barriers to stopping.
-  What Nicotine Replacement Therapy is, and what therapy would suit you best.

## How to get help

If you are a patient and would like support to stop smoking, ask a member of staff to get in touch with the Northern Trust Smoking Cessation Service.

If you are a staff member and would like support to stop smoking, you can refer yourself by phone or email using the contact details provided overleaf.

