



# Support for stopping smoking

**For individuals with a mental health condition**

---

**We can guide you through our options for stop smoking support. We are ready to help, whenever you are.**

**Health professionals please refer to the CPSL Mind Stop Smoking Team through the Joy app or send a referral form to [stopsmokingteam@cpslmind.org.uk](mailto:stopsmokingteam@cpslmind.org.uk)**

**(This service is currently only available for individuals who have had their SMI health check or individuals currently accessing CPSL Mind services)**



**Cambridgeshire  
County Council**

# How we can help . . .

- We provide flexible, personalised stop smoking support for individuals who are struggling with their mental health.
- We provide guidance on the Swap to Stop scheme - with the option to receive a free vape from us.
- We have a Cut Down to Stop pathway for individuals that want to reduce their smoking gradually, with the end goal of quitting.
- We provide pharmacotherapy options, to help manage cravings and withdrawals.
- We use person-centred behavioural change techniques and deliver holistic trauma-informed support.
- We facilitate inclusive online group sessions and peer support groups to help people connect.

**Get in touch today to find out more about  
our service -**

**Email/ [stopsmokingteam@cpslmind.org.uk](mailto:stopsmokingteam@cpslmind.org.uk)**