



# Support for stopping smoking

For individuals with a mental health condition  
who live in Cambridgeshire

excluding Peterborough

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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)



Alternatively call 0300 303 4363 and ask to speak to the smoking cessation team.

# How we can help . . .

- We provide flexible, personalised stop smoking support for individuals who are struggling with their mental health.
- Smokers can earn gift vouchers by successfully stopping smoking.
- 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.