

Smoking is now a public health priority and more people than ever are involved with helping smokers stop

THE REALLY HELPFUL GUIDE

to

Running Stop Smoking Sessions

This user-friendly guide is an excellent resource for health professionals or anyone sufficiently interested in helping friends, colleagues or the public to stop smoking. It brings together information and ideas from a wide variety of sources and can be used with or without specialist training or as a useful back up to other training approaches.

The guide offers suggestions for three different approaches:

- Brief advice as part of routine care
- More intensive support and on a one-to-one basis
- Groupwork

A 'toolkit' of resources including:

- Session plans
- Evaluation materials
- Copiable information sheets

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