

SMOKEFREE WEST SUSSEX PROMOTIONAL PACK



Thank you for your interest in helping West Sussex become smoke-free

Smoking remains the leading cause of preventable illness and premature death, affecting an estimated 80,000 to 90,000 people in our county. Together, we can change this. Smokefree West Sussex offers free, expert support to help people quit smoking for good. This pack explains why quitting matters, the services we provide, and how your organisation can play a vital role in promoting a healthier, smoke-free community. Inside, you'll find details of our offer, referral routes, and a range of free promotional assets to help spread the word.

What is a Stop Smoking Service?

Up to 12 weeks of Free expert advice from trained stop smoking advisers

- One-to-one or group support (in person, by phone, or online)
- Personalised quit plans tailored to individuals needs
- Access to treatments like nicotine replacement therapy, vapes, and prescription medicines

Quitting smoking is one of the best things you will ever do for your health. It's much easier to stop smoking when you get the right support and, with professional help, you're 3 times as likely to quit for good.

There are a variety of options for residents in West Sussex to quit smoking

Just search '**Smokefree West Sussex**' for more details. For those who prefer to speak on the phone, call the Smokefree West Sussex quit line on **0330 222 7980**. If you want to refer someone directly, use our online referral form: www.westsussexwellbeing.org.uk/contact-Q4W



www.westsussexwellbeing.org.uk/smokefree

or call: 0330 222 7980



How can your organisation help to promote stop smoking?

Help spread the word about quitting smoking and where to get support by using our promotional materials. There are a variety of promotional materials available to order or download, which can be used for: Digital screens (for TVs in waiting areas), social media assets, business cards, posters and more.

To download digital print-ready resources visit this [link](#)

Or contact : phresources@westsussex.gov.uk to order printed resources.

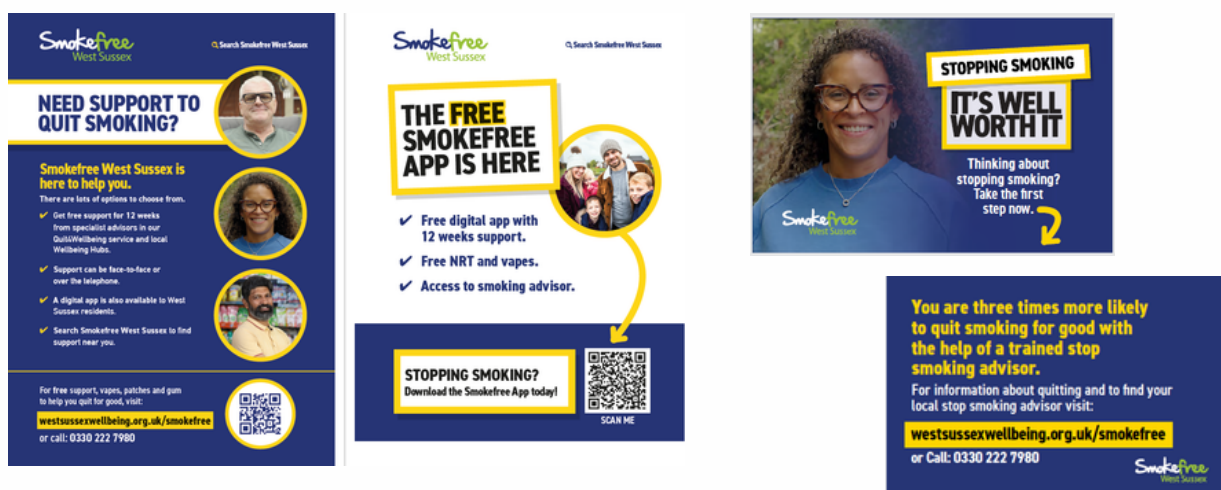
Promotional materials to order or download: Included in:

- Digital and print-ready A4 and A3 posters



Available in A4 and A3 formats, these posters signpost Smokefree West Sussex services, and feature all four local case studies. They are ideal for display within your organisation.

- Digital and print-ready A5 double-sided leaflet and business card



The A5 double-sided leaflet (left) outlines the support available and highlights the Smokefree App. The business card (right) features an image on the front and signposts services on the back.

westsussexwellbeing.org.uk/smokefree

or call: 0330 222 7980

Smokefree
West Sussex

- Digital and print-ready A5 single-sided leaflet



The A5 single-sided leaflet signposts to Smokefree West Sussex services, and are available in four local case studies. They are ideal for sharing with people interested in quitting smoking.

- Digital screens (for TVs in waiting areas)



The digital screens signposts to Smokefree West Sussex services, and are available in four local case studies. They are designed for TVs in waiting areas and are a great option for organisations such as GP practices and pharmacies.

A wider range of Smokefree West Sussex materials is available to order from the Health Promotion Resource Service: phresources@westsussex.gov.uk



Stop Smoking Guide

The Stop Smoking Guide is an A5 booklet that has been designed to support smokers through their quit journey. It includes helpful information to stop smoking and signposts to Smokefree West Sussex services.

VISIT OUR SELECTION OF POWERFUL YOUTUBE VIDEOS FROM REAL PEOPLE THAT HAVE QUIT SMOKING THROUGH WEST SUSSEX:
[SMOKEFREE WEST SUSSEX - YOUTUBE](#)



Smokefree West Sussex

[View full playlist](#)

Support your organisation

Provide your employees with smoking cessation support and create a healthier workplace. If your organisation delivers stop smoking services and you'd like to learn more about staff training, email: Q4WTraining@westsussex.gov.uk.

If you're interested in working with us to arrange a visit from our **stop smoking outreach mobile unit** vehicle, let us know at: tca@westsussex.gov.uk.

The Smokefree West Sussex Advisor Network will be providing a range of webinars to keep you informed on a wide range of topics relating to quitting smoking and the stop smoking services available in West Sussex. Registration is required to join the network - get in touch for more information at Q4WAdvisors@westsussex.gov.uk.

How to Report Illicit Tobacco or Vape Sales

Illicit tobacco is any tobacco product that is sold without proper checks, packaging, or taxes. This means it's not regulated or tested for safety.

If you think that a trader is selling illicit tobacco, visit the weblink below to make a report:

[Report an incident or issue to Trading Standards - West Sussex County Council](#)



Get involved with the Smokefree West Sussex Partnership

If you want to sign up to our quarterly newsletter, where we share updates on smoke-free developments, please email tca@westsussex.gov.uk.

To find out more information about local stop smoking services and how you can support as an organisation, visit: westsussexwellbeing.org.uk/smokefree.

STOPPING SMOKING

IT'S WELL WORTH IT

westsussexwellbeing.org.uk/smokefree

or call: 0330 222 7980

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