

SWAP&STOP

— Let's Treat Tobacco Dependency →



NHS

Hello... We just wanted to introduce ourselves as your hospital's dedicated team of Tobacco Dependency Specialist Advisors as we will soon be in touch.



**We are here
to support you...**

We all understand that tobacco dependency is a long-term condition and not a lifestyle choice. The good news is that we have a dedicated team of Tobacco Dependency Specialists to support you throughout your pregnancy and beyond.

“The support
you get is just
amazing”
– Sam

www.swapandstop.co.uk

We can offer a very effective service for yourself and significant others who need our support, by using a combination of medications and behavioural therapy. With these methods and our help, you are three times more likely to stop for good than trying alone.



It's our job to make sure we support you to have the healthiest pregnancy possible.

We offer a non-judgemental approach in supporting you and can offer a service that suits your needs as an individual, whether that is face to face appointments and/or telephone contact sessions.



We are here to help in any way and also look to support you beyond birth, where we also understand the pressures that can arise and put the support in place for that.



Humber and North Yorkshire
Health and Care Partnership