



Funded by
UK Government



**SMOKING LESS
CAN HELP YOU
FEEL CALMER, SLEEP BETTER,
AND IMPROVE YOUR
MENTAL WELLBEING.**

**SMALL STEPS
COUNT**

**You don't have to quit all at once.
We're here to support you in a way that works for you.**

smokefreecw.co.uk



Let's be honest, stopping smoking can feel overwhelming — but it doesn't have to be all or nothing.

Whether you're cutting down, switching to safer options, or ready to quit completely, we're here to support you.



Talk to your local stop smoking service about support and treatment options that fit where you are today.

What will cutting down do for you?

You don't have to quit overnight to start feeling better. Just cutting back, especially with expert support, can lead to real, positive changes. Step by step, you'll start to feel better in ways you might not expect.

Break the stress cycle

Many people feel like smoking helps with stress, but what it's really doing is easing nicotine withdrawal. Once you begin cutting down and managing cravings in other ways, you're likely to feel less anxious.

Boost your mood

When you stop or cut down on smoking, your brain starts to rebalance. Many people say they feel happier, more emotionally stable, and clearer-headed in just a few weeks.

Sleep better, feel more energised

Smoking can mess with your sleep. After quitting, people often find they sleep deeper and wake up with more energy, making it easier to cope with everyday challenges.

Support your treatment

Cutting down on smoking or switching to safer options like vapes can improve how your body responds to some mental health medicines — which may mean an adjustment of your dose is needed. If you're planning to cut down or switch, it's important to speak to your mental health professional or stop smoking service for advice before you start reducing smoking to keep you safe and well.

Ready to take that next small step? We're here to support you.

You don't have to quit all at once. Our stop smoking services offer free, flexible support throughout your journey, whether you're cutting down, switching to safer options, or ready to quit.



**No pressure.
Just support,
every step of
the way.**

Support could include:



One-to-one advice from trained advisors



Free nicotine replacement therapy (patches, gum, lozenges), vapes, stop smoking medication



Support that is flexible to your specific needs

Get started today:

Coventry

Healthy Lifestyles Coventry

Call: 0800 122 3780 or

Text: STARTNOW to 66777

Warwickshire

Fitter Futures Warwickshire

Call: 0333 005 0092 or

Text: QUIT to 60777

For more ways to access support, including online referral forms, pharmacy and GP services, the Smoke Free app, and expert tips to help you quit visit: **smokefreecw.co.uk**

Tried before? That's okay!

Lots of people try more than once before they quit smoking for good. This time, you've got help, and experience. Support from stop smoking services can make a big difference. Every try helps you learn and get closer to quitting.

Support Buddies

We get it — change is easier when someone's got your back. Support Buddies are trained volunteers who offer informal, friendly support as you make changes, like cutting down on smoking or improving your mental health.

They work alongside professional stop smoking services, giving you extra encouragement from someone who understands. Many have quit smoking themselves.

Here's how they can help:



Flexible check-ins — Whether it's a quick chat or a longer catch-up, Buddies work around your schedule.



Help with stop smoking appointments — A Buddy can help you book, keep track, and even come along if that makes things easier.



Support for your mental health too — Because quitting is about your whole wellbeing, not just the cigarettes.



Positive encouragement all the way — Wherever you're starting from, your Buddy will help you keep moving forward.

During your first call, ask your stop smoking coach about being paired with a Support Buddy.

Everyone's support will look a little different, depending on what works best for you and your Buddy. But no matter what, you'll have someone by your side, cheering you on.