



Stop Smoking Programme EXPECTATION AGREEMENT

What you can expect from us

- A qualified advisor will offer a friendly, non-judgemental evidence based programme designed to help you quit smoking with **an average 70% success rate**.
- You will receive a FREE 12 week programme which offers a maximum of 8 weeks Nicotine Replacement products (patch, inhalator, lozenges, etc)
- The **Stop Smoking Service will follow up your progress** with a telephone call at 6 and 12 months to ensure that you are still on track and offer additional support if needed.

What we expect from you

- With the support of my advisor I will develop coping strategies that address my smoking habits, triggers, barriers to stopping smoking or prevent a relapse.
- To commit to a regular contact schedule until you have quit for 4 weeks
- To set a quit date, and follow the “not a puff” rule after that date
- To understand that during the programme, with the support of my advisor, I will be required to reduce my dependence on the medication by means of a “weaning off” process.
- Wherever possible, to give at least 24 hours’ notice prior to my appointment, if I am unable to attend.
- To understand that if **I fail to attend two consecutive appointments** without providing any prior notice, or do not respond to text messages, the care will be stopped until you contact us.

Client Name: _____

Date: _____

Name of advisor _____

Data protection: *Provide operates in accordance with the Data Protection Act. We respect your privacy. Please advise us at any time if you do not wish to receive further information or contact from the Stop Smoking Service.*