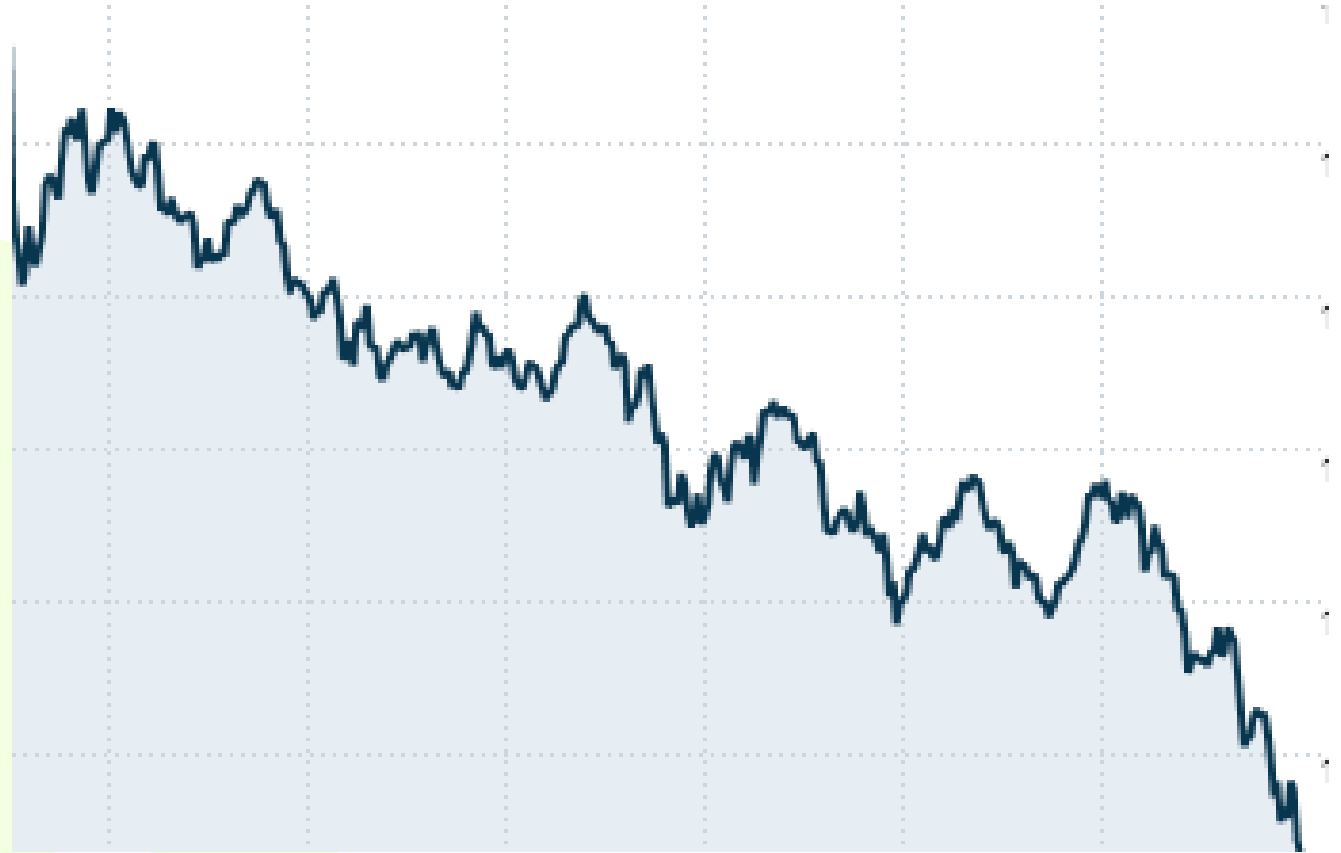


Self Help & Harm Reduction: The Suffolk Perspective



Smoking: The Current Picture

**Where
did all
the
smokers
go?**



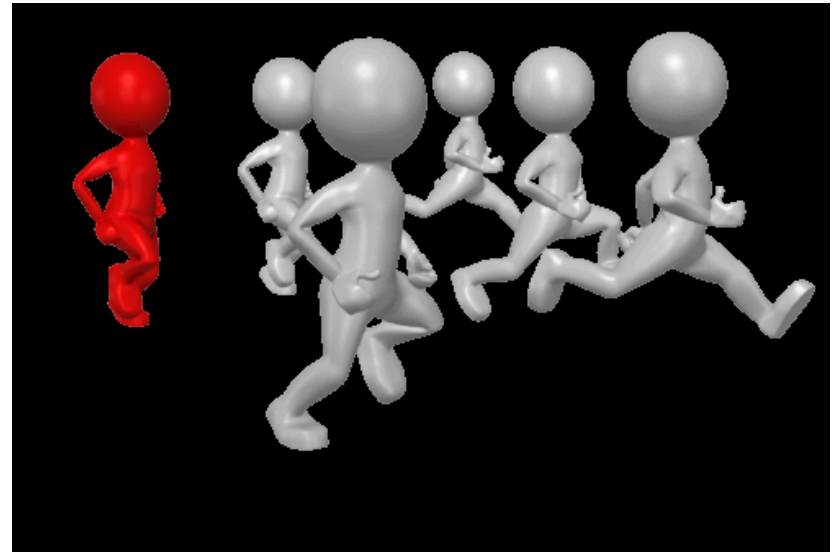
Who Are Our 'Customers' ?



Decision Time



v



Respecting The Decision - One Solution...



Respecting The Decision - Another Solution...



Cut Down TO QUIT

- Reduction of 50% within 6 weeks
- Extended if absolutely necessary
- Abrupt cessation ALWAYS the long-term ambition, otherwise discharge
- Temporary Abstinence / Long Term NRT also options

The Elephant In The Room



METRO

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Smoker takes up the habit again after e-cigarette 'almost blew off his leg'

LiveWellSuffolk
Steps to a healthier future

Questions / Discussion...

Thank You

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