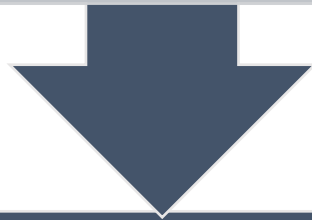


Did you know that providing very brief advice on stopping smoking using the 3A technique can be hugely helpful in signing people up for smoking cessation? You can use this flow chart as a prompt.

Please ask the question in any appropriate consultation!

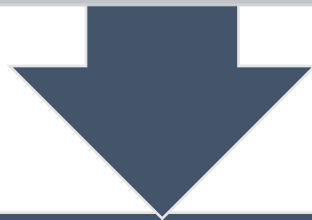
# ASK

"Do you currently smoke tobacco?"



# ADVISE

"Do you know you're 4 times more likely to have a successful quit attempt using NRT **and** seeing a smoking support advisor"



# ACT

**Provide referral details:** Visit your local **Pharmacy** and ask for smoking cessation support OR call **NHSG Healthline** on 08085 20 20 30 and speak to an advisor. Both are 12 week support programmes offering **FREE** NRT and behavioural support.