



Smoking: the facts

Smoking is the leading cause of premature death in the UK, claiming the lives of around 120,000 people each year.

Stopping smoking can make a drastic improvement to your lifestyle and health in ways you might not expect. It will also save you money and protect the health of those around you by not exposing them to second hand smoke.

In England two out of every five cigarettes are smoked by someone with a mental health condition. The smoke from cigarettes and cigars reduces the effectiveness of some types of medication meaning larger doses are required compared to that needed by a non-smoker.

If you require this document in another format such as large print or audio, or in a community language, please contact 0300 304 0664.

 @withoutstigma

 SussexPartnership

www.sussexpartnership.nhs.uk/smokefree

We're proud to be



SMOKEFREE

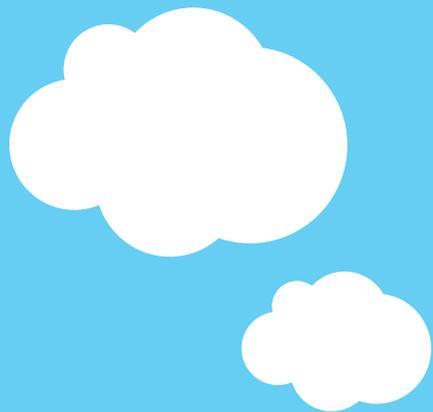
Smoking is not allowed
anywhere on our sites



What's happening?

To create a healthier environment for everyone, staff, patients and visitors are not allowed to smoke anywhere on Sussex Partnership sites.

This includes buildings, doorways, grounds and car parks. There will be no designated smoking areas.



Why are we going smokefree?

People with mental health problems are more likely to smoke, and to smoke more heavily, than other people and this is one of the reasons why they tend to have poorer physical health and a lower life expectancy.

We want to help reduce this inequality by creating a smokefree environment across all of our sites. This is in line with National Institute for Health and Care Excellence (NICE) guidance which recommends that all hospital sites, including mental health hospitals, should be completely smokefree.

It will also prevent service users, staff and visitors from being exposed to second hand smoke, which can kill, cause disease and lead to health problems.



What about e-cigarettes?

We are treating e-cigarettes in the same way as cigarettes and cigars, which means they cannot be smoked on any of our sites, including in the grounds and car parks.

The exception to this is inpatient wards where patients will be allowed to use disposable e-cigarettes. Please check local arrangements with your care team. Rechargeable e-cigarettes are not allowed.

Supporting you

We understand that going smokefree will impact on some of the people who use our services. Our staff have been fully trained to support people who wish to either quit smoking for good or for a short period of time whilst they stay with us.

Anyone admitted to one of our inpatient wards can also access a full package of support, including nicotine replacement therapy, to help them cope with their cravings whilst they stay with us.

If you are a patient or carer please speak to a member of your care team about the support available, including details of your local stop smoking service.

Advice is also available from the national smokefree service at www.nhs.uk/smokefree or on 0300 123 1044