

Health Matters Assistance Programme

Employee Support Bulletin October 2013

Stoptober



Last Stoptober over 160,000 people stopped smoking for 28 days. Join them!

During October 2013, thousands of people across England are taking part in Stoptober - an exciting 28 day challenge to stop smoking. It has been shown that if you can stop smoking for 28 days then you're five times more likely to stay smoke free. Last year thousands of people stopped successfully in the biggest stop smoking challenge ever.

When smokers join Stoptober, they'll start receiving as much (or as little) support as they want to keep them on track. All Stoptober support is free and includes:

- Stoptober stop smoking pack
- A 28-day Smartphone app, with daily updates and quitting advice
- Text service for motivational pick-me-ups
- Detailed tools and tips for coping, as well as the encouragement and support from thousands of people going through the same thing via Social Media

Join in and order your free Stoptober pack by visiting
www.stoptober.smokefree.nhs.uk

Want to quit smoking? Did you know that you can also receive free information and advice on how to kick the habit from your Health Matters Assistance Programme (HMAP). So whether you're a teen smoker or a lifetime pack-a-day smoker, the HMAP is on hand to offer you further support.

Just some of the issues covered...

- Stress & Anxiety
- Depression
- Feeling SAD
- Bullying & Harassment
- Performance at Work
- Managing Pressure
- Family Life & Relationships
- Divorce & Separation
- Illness, Health & Wellbeing
- Childcare & Parenting
- Bereavement
- Cancer Concerns

Your HMAP is available to support you 24 hours a day, 365 days a year. A confidential* counselling and information service on hand when you need it.

Call us on Freephone 0800 988 8809
www.hmap-hub.co.uk