

Information on electronic cigarettes

We offer face to face or telephone support to people who want to use an e-cigarette to help them quit.

E-cigarettes are only a fraction of the risk of smoking tobacco. Experts agree they are 95% safer than smoking. People who use an e-cigarette alongside expert support from the Stop Smoking Service have some of the highest rates of success in quitting smoking for good.

Can e-cigarettes be used during pregnancy?

Pregnant women should always be advised to quit in one step, with specialist support. Pregnant women may be highly addicted to nicotine and face lots of challenges in quitting smoking.

As well as specialist support and the use of nicotine replacement therapy (NRT), some women may find using e-cigarettes more acceptable. Pregnant women are eligible for free medications (NRT). We offer intense support and advise with vaping during pregnancy.

E-cigarettes are a safer alternative to smoking and we are an e-cigarette friendly service.

Mental health

People with mental health conditions are more likely to smoke heavily. They usually need higher doses of nicotine combined with 1-1 support to quit smoking. Combining e-cigarettes with licensed NRT or using two forms of NRT together will make quitting easier.

How to get support

Contact Hertfordshire Health Improvement Service on:

0800 389 3 998 or text SMOKEFREE to 80818

- Contact us directly
- Speak to your GP surgery
- Speak to your local pharmacy
- Speak to any health professional and ask to be referred

For further information

Visit us online at:
www.hertfordshire.gov.uk/stopsmoking



Once you are referred, the service will contact you within 24 hours to start your Smokefree journey.



Stop smoking with Hertfordshire Health Improvement Service



People who smoke are three times more likely to quit smoking with stop smoking medication and behavioural support compared to willpower alone.



What do we do?

The Hertfordshire Health Improvement Service and the other organisations that we work with offer professional specialist advice and support to people who smoke.

We provide support across the county for up to 12 weeks. This is weekly one-to-one support for the first month of your quit attempt and then fortnightly for the remainder of the course. This increases your chance of stopping smoking by up to three times compared to willpower alone.

Alongside providing specialist support to people who smoke, we deliver a variety of training to all front-line professionals and volunteers.

We also support over 100 stop smoking services within pharmacies and surgeries across the county.

How the service will support you

Stop smoking advisors:

- Understand addiction
- Listen to what you have to say and work with you to create a plan
- Know what works and use motivational techniques to get you through the challenging times to become a successful non-smoker
- Advise on withdrawal symptoms and how to combat cravings
- Advise on medication such as nicotine replacement therapy (NRT) and other stop smoking medications
- Give guidance on using e-cigarettes
- Some services will monitor your carbon monoxide levels regularly to demonstrate your progress.

