



Smoking Cessation



Be Supported



wellbeing@chi.ac.uk
studenhealth@chi.ac.uk



wellbeing.chi.ac.uk/wellbeingservices



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Chichester Wellbeing

Only 3 – 5% of smokers manage to quit for a year using will power alone, so your chances of quitting successfully are more than doubled if you visit a Stop Smoking Adviser to talk about treatment options and other forms of support.

Take the first step and contact the local Stop Smoking Service:

<https://chichester.westsussexwellbeing.org.uk/topics/smoking/services-for-west-sussex>

<https://www.lavantsurgery.co.uk/self-help-nhs-health-resources>

Chichester Social Prescribing

The Chichester Social Prescribing link workers connect people with local community activities and services that can help improve their health and wellbeing. They can help with:

- **Housing or financial problems**
- **Loneliness**
- **Practical or emotional support**
- **Providing information about local groups, activities or courses**

<https://www.chichester.gov.uk/socialprescribing>

Carers Support West Sussex

Giving you the tools to cope as a carer

https://www.carerssupport.org.uk/we-are-here?gclid=EAlalQobChMI9LLas4un_QIVxvftCh3guAJ8EAA_YASAAEgLc5_D_BwE

Carers Health Team

A free service provided by Sussex Community NHS Trust

<https://chichester.westsussexwellbeing.org.uk/topics/more-topics/carers-support>



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