

# ABOUT US

First Contact Clinical is a community interest company based in South Shields. We have been working since 2008 to support people in our local community to improve their health and wellbeing.

Our aim is to make a difference to the lives of the people we work with, through promoting the knowledge, skills and confidence needed to practice self-care.

I feel more productive since we started working together

I feel very productive. This call has motivated me for the coming days and weeks.

These appointments have been beneficial. They have given me clarity about what to do.

Anyone aged 18 or over living in South Tyneside can access our services free-of-charge. To access smoking support, call us on 01914329546.

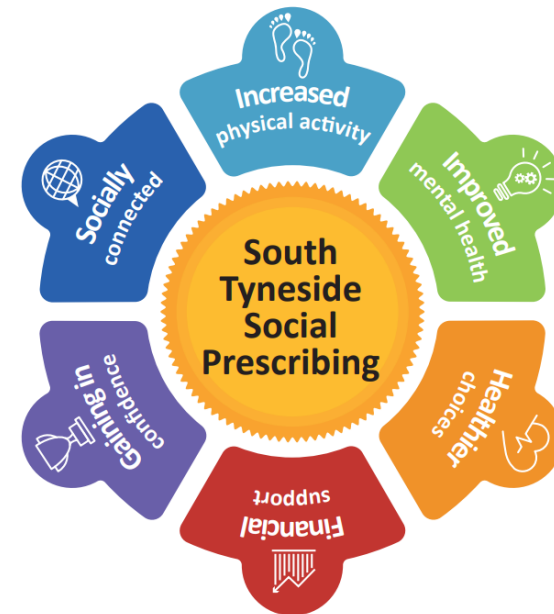


@FirstContactClinical



**FIRST CONTACT CLINICAL**  
ENABLING HEALTHY CHANGE

## For people with a serious mental illness who want support to Stop Smoking



# WHAT TO EXPECT FROM YOUR FIRST APPOINTMENT

One of our team will call you to arrange an appointment to meet with you. This gives a chance to talk about what matters to you.

Here are some of the things that people often like to talk about with us:

- Feeling down, stressed or anxious
- Managing my health conditions and symptoms
- Benefits, money and housing problems
- Living with chronic pain
- Making healthier choices
- Reducing smoking or alcohol
- Loneliness
- Caring for someone



Some people find it helpful to write down things they'd like to discuss at their first appointment.

## WHAT MATTERS TO ME

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# HOW CAN WE SUPPORT YOU TO STOP SMOKING?

## Who can we support?

For people who's mental health severely affects their day to day life.

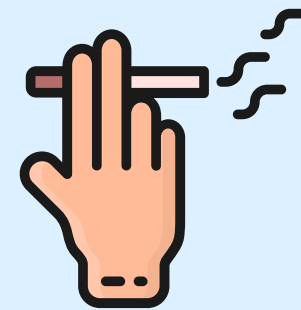
## We can:

- Help you prepare to stop smoking and choose the best options for you
- Offer Incentives - love2shop vouchers throughout your quit journey
- Prescribe 12 week Nicotine Replacement Therapy (NRT)
- Offer a voucher for a vape via a local company

We can also offer our support to family and loved ones that could impact on you quitting successfully.

## Where will we see you?

We will talk to you and find out how you would like meet with us. This could be home visits, in a GP practice or meeting in the community such as library, leisure centres, cafes etc.



Anything you discuss will be kept confidential however if you disclose information which highlights that you or someone else is at risk, we may need to share this with relevant organisations.