

# Be Smoke Free Manchester

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**Be Smoke Free** is a new tobacco addiction service that supports people in Manchester to stop smoking via a **nurse led** evidence-based service. We can provide **direct supply pharmacotherapy** and **psychosocial support** to anyone who is in treatment with us.

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## Covid-19 Update

Giving up smoking is one of the best things you can do for your health at any time. We know that smokers may be more seriously affected by Covid-19 compared to non-smokers, so it's now even more important for you to try to quit.

You can still refer to **Be Smoke Free** during the Covid-19 outbreak.

New referrals will be contacted and offered a comprehensive telephone assessment and pharmacotherapy will be offered as part of their personalised Quit Plan.

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## General Criteria

Anyone aged 12+, who smokes tobacco and lives in the Manchester area or has a Manchester GP can access the service.

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## How to refer

**Telephone:** 0161 823 4157

**Email:** [manchesterbesmokefree@cgl.org.uk](mailto:manchesterbesmokefree@cgl.org.uk)

**Quit Manager:** Organisations / health professionals can contact us to set up to refer direct on to our Quit Manager System

If you are making a referral on behalf of someone else, please ensure they have consented to receive support to stop tobacco use

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