

## Mental health settings are now smoke-free in Wales

### How to use this document



This is an easy read document.  
You might still need support to read it. Ask someone you know to help you.



Words written in **bold blue writing** might be hard to understand.  
Hard words are in bold the first time they are used.



From 1<sup>st</sup> September 2022, new rules from Welsh Government mean all mental health settings need to be smoke free.



You cannot smoke anywhere on hospital grounds.



We know smoking is really important to some of our patients.



We will be offering lots of support to patients who stay with us.



Stopping smoking has lots of health benefits and can improve your mental health.



Our staff will be here to talk to you about stopping smoking. We will support you based on the help you need.



We can give you support that helps with cravings including **Nicotine Replacement Therapy**. Taking part in activities can also help distract you from smoking.



People with mental health issues want to quit smoking just as much as everyone else when offered support.



Staff will talk to anyone who is found smoking about support available.



Remember that anyone found smoking can be fined £100 if caught by smoking **enforcement** officers.



If you have any questions, please ask a member of staff who will be happy to help you.