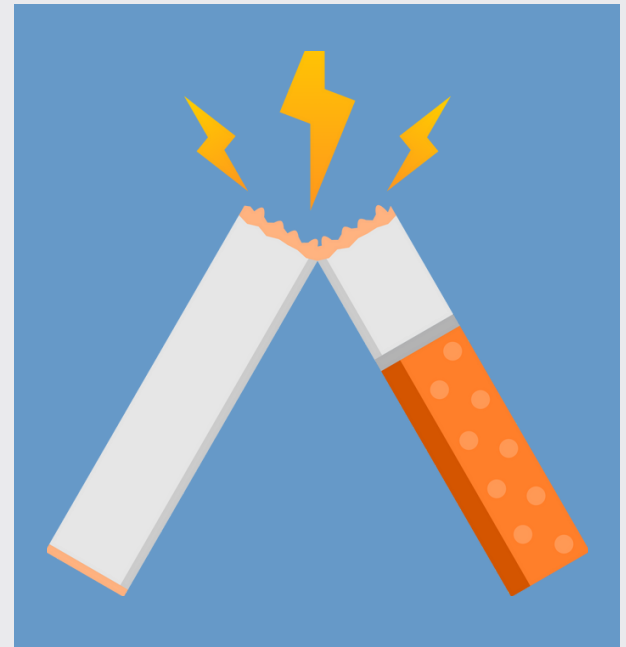


This toolkit has been designed by nurses, to support nurses working in mental health settings support patients to stop smoking.

Smoking rates in people with mental health problems are 3 times higher compared to the general population – these rates are even higher within mental health in-patient settings.

Stopping smoking halved the amount of deaths from coronary heart disease between 1981 and 2000 in England and Wales.



Smoking during an admission to a mental health unit has been a longstanding accepted cultural norm.



## Useful resources

- ElfH online education resources, 'All our Health' <https://www.elfh.org.uk/programmes/all-our-health/> resource on smoking and tobacco
- [Action on Smoking and Health](#). Action on Smoking and Health (ASH) is a campaigning public health charity that works to eliminate the harm caused by tobacco.
- [British Thoracic Society \(2018\) Quality Improvement Tool – Smoking Cessation](#). A smoking cessation tool to help hospitals translate data from the 2016 BTS smoking cessation audit into local improvement projects.
- [NICE \(2021\) Tobacco: preventing uptake, promoting quitting and treating dependence](#). This guideline covers stop smoking interventions and services for everyone over the age of 12.
- [Nicotine vaping in England: 2022 evidence update](#). Office for Health Improvement and Disparities OHID.

# Winning Hearts & Minds



Watch C3's free webinars on demand!

All webinars (recorded in the summer of 2023) feature experts and nurse leaders in mental health and cardiovascular disease.

## Cardiovascular disease and mental health

Click [here](#) to watch on demand and learn about the relationship between cardiovascular health and mental health



34 mins

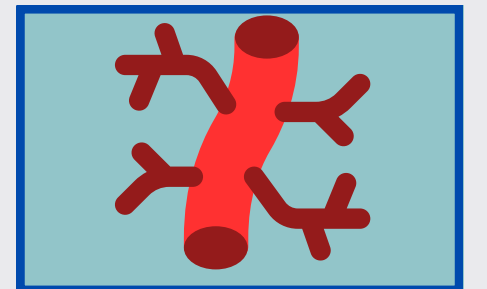


## How does smoking cause blockages in arteries?

Click [here](#) to watch on demand and learn about the impact of smoking on our physiology.



35 mins

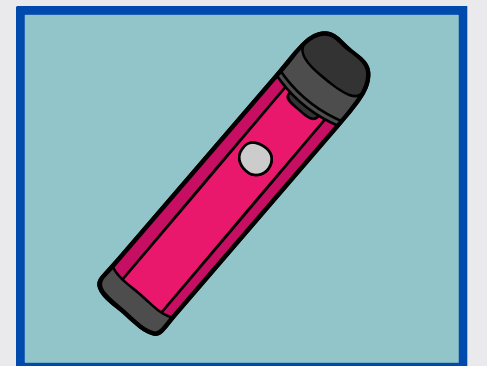


## Vaping: knowledge, attitudes and confidence

Click [here](#) to watch on demand and learn more about the role of vaping in helping people to stop smoking.



40 mins



## Supporting Behaviour Change

Click [here](#) to watch on demand and learn techniques to facilitate behaviour change in patients.



45 mins



## Expert roundtable

Click [here](#) to watch this roundtable event on-demand. Listen and watch nurse leaders and experts in mental health explore the barriers to stopping smoking, and how to challenge assumptions about tobacco use and promote smoking cessation.



55 mins

## Contact us



For all enquiries contact [michaela.nuttall@c3health.org](mailto:michaela.nuttall@c3health.org)



Join our network and learn more about C3 [here](#)



## Revalidation

These sessions contribute to participatory CPD hours required for revalidation. Click [here](#) to learn about how to use these resources or go to [C3's website](#) to access more resources to support revalidation.

Winning Hearts & Minds is a partnership between C3 and Burdett Trust for Nursing

