



COMMUNITY SUPPORT TO STOP SMOKING

Be Smoke Free Manchester: This Manchester-based stop smoking service provides you a dedicated stop smoking nurse and free products for nicotine cravings. It's available for anyone living in Manchester, and provides LGBTQ+ affirming and inclusive stop smoking support.
www.changegrowlive.org

Here and Now: A mutual aid support group for LGBTQ+ people to share their experiences with addiction with each other in a safe space and a friendly atmosphere.
lgbt.foundation

LGBT SMART Recovery: SMART Recovery is a self-management cognitive behavioural therapy recovery program where you can work with peers in a safe space to learn how to use simple tools to look at motivation, cravings, urges and relapse prevention.
lgbt.foundation

NHS Stop Smoking Helpline: The NHS has a free Stop Smoking Helpline running between 9am-8pm Monday to Friday and 11am-4pm Saturday and Sunday, providing advice and signposting.
Call 0300 123 1044

Smoke Free App: If you'd rather start your quitting journey without accessing other services, the Smoke Free app provides 24/7 stop smoking support at the touch of a button. If you live in Greater Manchester, you'll receive full access to all premium features in the app free for six months, usually worth £60.
app.smokefreeapp.com

Local stop smoking services across Greater Manchester: Each borough of Greater Manchester has community-based stop smoking support. You can use Make Smoking History's local services page to find a service near to you.
makesmokinghistory.co.uk



NO-ONE BLOOMS IN ISOLATION

**STRUGGLING TO CUT DOWN ON SMOKING?
DO YOU THINK A LITTLE BIT OF PEER-SUPPORT
WOULD HELP?**



Find out what LGBTQ+ affirming support is out there to stop smoking.

0345 3 30 30 30 lgbt.foundation



LGBTQ+ SMOKING CHALLENGES

LGBTQ+ people are more likely to smoke than the general population. In 2024, around 76,000 people in the UK will die from smoking, with many more contracting debilitating smoking-related illnesses. It's easy to fall into smoking in social situations, or as a coping strategy for the emotional or psychological issues we face due to discrimination, stigma, and rising anti-LGBTQ+ sentiment. LGBTQ+ people often face complex barriers to quitting, including fear of discrimination in mainstream healthcare.

Nearly **half** of LGBTQ+ individuals smoke, compared to a quarter of their heterosexual peers. Two thirds have tried unsuccessfully to quit. (Out House, 2004)

Some communities, like lesbian and bisexual women, are much more likely to smoke than other LGBTQ+ identities.

Only **a third** of lesbian and bisexual women have never smoked cigarettes, compared to over half of women in general who have never smoked. Two thirds have smoked at some time in their life. More than a quarter of lesbian and bisexual women currently smoke. (Stonewall, 2008)

Hidden Figures, 2020

In the face of the unique challenges LGBTQ+ experience with smoking, our community has taken action to create peer support spaces that understand your experiences, as well as engaging with mainstream stop smoking services to ensure LGBTQ+ inclusivity.



COMMUNITY SUPPORT TO STOP SMOKING

Reaching out to your loved ones, peer support groups, and LGBTQ+-affirming healthcare professionals will provide the nourishment you need to stop smoking.

Studies show that people who access local stop smoking services are **3** times likely to quit than going it alone.

LGBT Foundation have worked hard over the past few years to promote LGBTQ+ inclusion in Manchester's stop smoking services - we've trained Greater Manchester's stop smoking services and healthcare professionals in LGBTQ+ diversity and inclusion, created smokefree spaces in local Pride events, and fought for LGBTQ+ representation in Manchester's stop smoking campaigns.

**I'M SO PLEASED I QUIT SMOKING AS I NOW HAVE A LONGER LIFE EXPECTANCY AND CAN ENJOY SPENDING TIME WITH MY HUSBAND, FAMILY AND FRIENDS.
- MARTIN (MAKE SMOKING HISTORY MANCHESTER)**

Nikki quit smoking five years ago after coming out as trans, so she could take HRT medication before she had gender reassignment surgery. Nikki reached out to her GP for support, and managed to cut out smoking: "It was different this time as I was in a totally different mindset. I had a bigger reason to quit, and I was determined not to fail." - Nikki (Make Smoking History Manchester)