**Key Resources**

**For support, advice and free tools to quit smoking**

<https://www.nhs.uk/smokefree>

<https://www.todayistheday.co.uk/>

**For more information on COVID-19**

<https://www.nhs.uk/conditions/coronaviruscovid-19/>

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-ukgovernment-response>

**Further information**

<https://smokefree.gov/quit-smoking/getting-started/prepare-to-quit>

<https://www.nhs.uk/oneyou/for-your-body/quit-smoking/9-tips-to-help-you-quit-smoking/>

**Covid-19 and smoking**

<https://smokefreeaction.org.uk/wp-content/uploads/2020/05/QuitforCOVID-PR-toolkit-FINAL.pdf>

<https://smokefreeaction.org.uk/wp-content/uploads/2020/04/QuitforCovidFAQs1.pdf>

**Pregnancy and smoking**

<https://smokefreeaction.org.uk/smokefree-nhs/smoking-in-pregnancy-challenge-group/smoking-in-pregnancy-challenge-group-resources/e-cigarettes-in-pregnancy/>

<https://smokefreeaction.org.uk/wp-content/uploads/2019/08/2019-Challenge-Group-ecigs-briefing-FINAL.pdf>

**Mental health and smoking**

<https://smokefreeaction.org.uk/wp-content/uploads/2020/03/Smokefree-policies-and-COVID-guidance-200327_final.pdf>

<https://smokefreeaction.org.uk/wp-content/uploads/2020/03/MHprofessionals-FINAL.pdf>

**Operations and smoking**

<https://www.rcoa.ac.uk/patient-information/preparing-surgery-fitter-better-sooner>

<https://www.nursingtimes.net/clinical-archive/smoking-cessation/smoking-cessation-5-people-awaiting-or-recovering-from-surgery-08-06-2020/>

**Cancer and smoking**

<https://www.ncsct.co.uk/usr/pub/interventions-in-secondary-care-june-10-oncology-patients-factsheet.pdf>

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/giving-up-smoking>

**Heart and lung conditions and smoking**

<https://www.bhf.org.uk/informationsupport/risk-factors/smoking>

<https://www.blf.org.uk/support-for-you/smoking/why-is-smoking-bad-for-me>

<https://www.bhf.org.uk/informationsupport/risk-factors/smoking>