

## Stop smoking training sessions

<b>Training</b>	<b>Overview</b>	<b>Target audience</b>
<b>Very Brief Advice (VBA)</b>	This short workshop gives you basic knowledge in smoking cessation and referral pathways. A VBA video is also available.	Hull residents/employers/front-line staff.
<b>Level 1 – Brief Intervention Training</b>	This workshop gives you information about the effects of smoking, the benefits of quitting and provides advice on talking to people about their smoking and referring them to specialist services.	Frontline and healthcare staff working with smokers and or their families.
<b>Level 1 - Mental Health Module</b>	This workshop gives you information about the effects of smoking, the benefits of quitting, advice on referral pathways, in particular supporting smokers with identified mental health problems.	Healthcare professionals and front-line staff working in the mental health sector.
<b>Level 2 – Community Advisor Training</b>	This is a practical and theory-based course, that helps you recognise the health conditions associated with smoking, support client interventions and deliver stop smoking treatment options.	Healthcare professionals and front-line staff who want to be a community champion.
<b>Supported Pharmacotherapy</b>	This workshop helps you recognise the health conditions associated with smoking, support client interventions and arrange the stop smoking treatment options.	Pharmacists and pharmacy staff.
<b>Specialist Smoking in Pregnancy Training</b>	This workshop gives you information about the effects of smoking, and the benefits of quitting when working with pregnant women and families.	Midwives/ doctors/ nurses/ sonographers/ health visitors/ healthcare assistants/consultants.

To view the courses in full, and the dates and availability of the sessions please visit: <https://www.changegrowlive.org/smoke-free-hull/professionals>

Our training is flexible and can be delivered at local venues, via Microsoft Teams, or conducted at your own site depending on numbers. Please request which format is suitable for your training needs upon booking.