

SCARSTORIES · A LITTLE COMPANY ON THE WAY

Support with smoking or vaping

Ask for practical support without shame or blame.

Long-term heart health

Questions for an individual conversation with your care team.

Ask for practical support without shame or blame. These questions can help you ask for an individual plan. Answers depend on your situation and the people responsible for your care.

Questions to take to my team

☐ Which quitting support is suitable alongside my heart treatment?

☐ Who can help me make a plan if I relapse?

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.