

Smoking and mental health: understanding the IMPACT

IMPACT Champions Support Pack

New materials have been developed to support colleagues in local NHS areas to raise awareness of the IMPACT guidance and encourage third sector services within their area to use it. The main focus for these new materials will be the “IMPACT Champions Support Pack”. This has been developed so that areas who are interested in promoting and using the guidance can learn from our experience of distributing the guidance and working with services within the Lothians.

The Champions Support Pack contains:

- **Presentation:** which provides the context to the work; an overview of the guidance; information on the IMPACT training and IMPACT website; and space for you to insert information on your local stop-smoking services. This presentation can be used to help raise awareness locally and encourage engagement with the guidance
- **5 Step Guide:** provides an overview of the process that the IMPACT project followed during phase 1 within Edinburgh and the Lothians and provides practical information regarding what you might need to consider when rolling out the guidance within your area
- **IMPACT guidance document:** the guidance and additional poster resources are available through Health Scotland's “web2print” online resource

Access to the IMPACT Champions Support Pack will be by request to the IMPACT Team at ASH Scotland. This will allow us to keep track of which NHS areas are using the guidance and the person(s) taking forward the work within each area.

We expect staff best placed to take forward the IMPACT work would work within stop smoking services (possibly those with a mental health remit) or staff within Public Health/ Health Promotion Departments or Health and Social Care Partnerships who have a remit for tobacco or mental health. If your role is slightly different to these and you would like to discuss being the local contact for your area, please get in touch with us.