

How to access help to quit smoking in the community?



Healthy Lives - For Patients living in Shropshire:

The following free and confidential service to help you improve your health and wellbeing are offered:

- Trained advisors will offer behavioural support to stop smoking
- Support with wider issues such as anxiety, isolation and cost of living.
- Nicotine Replacement Therapy (NRT) is provided for four weeks.

How to self-refer:

- Call 0345 678 9028 Monday to Friday, 9am to 3pm and select the 'self-referral to Social Prescribing' option, or
- Visit www.shropshire.gov.uk/stopsmoking and book your appointment or
- You can ask for a referral at your GP practice.



Healthy Lifestyles - For Patients living (or working) in Telford and Wrekin:

Trained Tobacco Dependency Advisors will support you to make changes to live a healthier lifestyle. Behavioural support is provided through a free 12-week telephone support programme. Nicotine Replacement Therapy (NRT) is **not** provided.

How to self-refer:

- Call 01952 382582 Monday to Friday, 9am to 5pm, or
- Visit www.telford.gov.uk/healthylifestyles and complete a form online.



Help Me Quit (Helpa Fi i Stopio) - For Patients living in Wales, or who work in Wales or have a GP in Wales:

A contact centre team provides smokers with access to all NHS stop smoking services, including free behavioural support and free Nicotine Replacement Therapy (NRT) from local Pharmacies. How to self-refer:

- Call 0800 085 2219, or
- Visit www.helpmequit.wales, or
- Text HMQ to 80818.



Alternatively, you can access online information on improving your health, including quitting smoking, by visiting www.nhs.uk/betterhealth.