



Free Stop Smoking Service

We know how difficult quitting is and offer free one-to-one support, as well as six weekly group sessions. Your own dedicated adviser will put together a bespoke plan that's been tailored specifically to your requirements. This includes advice and information on how to manage cravings and withdrawal symptoms, with support to make long-term behaviour changes, as well as giving advice on how to choose the stop smoking medication that's right for you.

You can make appointments to see their advisor through their local GP practices, pharmacies and other community locations throughout the local area, meaning support is always within reach.

Furthermore, we also have a dedicated phone line that's contactable on 0333 005 0095, meaning you can talk to an adviser whenever they need to, especially if you feel your resolve weakening.

How to get started

If you live, work or study in the London Borough of Enfield and are a smoker aged over the age of 18, get in touch with us to find out how you can make the most of this completely free service.

To find out how to take advantage of this service, get in touch with us in the following ways:

By Telephone:

- Give us a ring on **0333 005 0095**
- Send an email to: clinical.contactcentre@nhs.net

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