

WOODLANDS HEALTH CENTRE
Allington Road Paddock Wood Kent TN12 6AX

WHAT TO DO IF YOU WANT TO STOP SMOKING

About seven out of every ten smokers say they would like to stop smoking. If you would like to stop smoking you can get lots of help. Here is a list of helpful sites.

Visit the Government Website
www.gosmokefree.co.uk

This is a website where you can get advice and support to stop smoking and to stay stopped.

Send a text to 88088 with the word "GIVE UP" and your full postcode

NHS Smoking Helpline
You can speak to someone who will give you stop smoking advice by calling 0800 169 0169.
This phone line is open from 7am to 11pm every day.

Make an appointment at your GP surgery with the practice nurse who will support and help you to stop smoking.

Visit your local pharmacy where you will find very useful advice and support.