

Smoking Cessation Resources

Self-Help Resources:

SmokeFree Website :

<https://www.nhs.uk/smokefree>

(or search 'Smokefree')

Or

<https://www.nhs.uk/live-well/quit-smoking/10-self-help-tips-to-stop-smoking/>

Or

The Smokefree App



Additional Resources, particularly for media campaigns are available at:

<https://campaignresources.phe.gov.uk/resources/campaigns/61/resources/2287>



Protecting and improving the nation's health

Smokefree NHS: key facts and statistics

CO Monitors:

Example Provider that do not require calibration:

<https://www.bedfont.com/shop/smokerlyzer>

Cost :roughly £149

Alternative Option:

<https://www.gpsupplies.com/carefusion-smoke-check-co-monitor-pack-of-1>



Training:

<http://elearning.ncsct.co.uk/england>

(extra modules on the same website,
available after registration)



Referral Service for Young People (Under 26)

Phone: 02380 224 224

enquiries@nolimitshelp.org.uk

13 High Street, Southampton, SO14 2DF

Opening Hours

Monday – 10am-5pm



For concerns, questions, or to request more materials, contact:
SOCCG.pccommissioning@nhs.net