

Smoking Cessation Support

Contact Details

Wiltshire Patients:

Wiltshire Council

Smoking cessation services are available at most GP surgeries and many pharmacies. Visit wiltshire.gov.uk/public-health-stop-smoking to find your nearest service.

Health trainers provide a free service for many lifestyle changes including smoking cessation.

Tel: 03000 034 566

Hampshire Patients:



Register with this free NHS service to access support.

Tel: 01264 563 039 or 0800 772 3649 or text 'Quit' to 66777

Email: smokefree.hampshire@nhs.net

Visit: smokefreehampshire.co.uk

Dorset Patients:



Register to access free information and support for smoking cessation and other lifestyle changes.

LiveWellDorset Tel: 0800 840 1628 or 01305 233 105

Visit: livewelldorset.co.uk/contact

National Support:



NHS smokefree app

Visit: nhs.uk/better-health/quit-smoking/ or nhs.uk/oneyou/

