

Want to give up Smoking??

Support and guidance is available at:-

- [Smokefreelife, Oxfordshire](#)

<https://www.smokefreelifeoxfordshire.co.uk/how-to-quit/>

Smokefreelife, Oxfordshire is your local stop smoking service, contracted by Oxfordshire County Council, providing support to those interested in quitting smoking in Oxfordshire. To be eligible, you either need to live or work in Oxfordshire.

They provide a 12 week treatment plan, combining behavioural support with nicotine replacement therapy, ***free of charge***. There is a dedicated clinic based at:-

Oxfordshire County Library Queen Street Westgate Centre Oxford OX1 1DJ Every Friday 10:00 - 16:00	<ul style="list-style-type: none">• Initial free consultation - 30 minutes (to measure carbon monoxide levels and advise on products)• Thereafter, attend weekly free sessions approximately 15 minutes duration
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There is a dedicated telephone and video chat service, for those who aren't able to access a clinic. If you're interested in quitting smoking or just want to ask a question, contact them and an advisor will get in touch. You contact them directly on:

01865 238036 or 0800 246 1072 - alternatively visit the website and request an appointment

- [NHS Smokefree](#)

https://www.nhs.uk/smokefree/?WT.srch=1&WT.mc_id=HH19ppc&gclid=Ci0KCQIAsdHhBRCwARIsA AhRism1QclAxHuFPPHZmMCBwCkzEEMGGeFUwiIB76aZ1yf3hX1n3CeumncaAkbiEALw_wcB

Get your free smoking personal quit plan

Download giving up smoking app - <https://www.nhs.uk/oneyou/apps#nhs-smokefree>

Local stop smoking service

Phone 0300 123 1044 – Chat to an online adviser

Mon – Fri (9am - 8pm)

Sat & Sun (11am – 4pm)

Visit:- <https://www.facebook.com/NHSSmokefree>

<https://twitter.com/nhssmokefree>