

## Smoking Cessation

If anything on this factsheet is unclear, or you're in need of further support, please don't hesitate to contact the Oxfordshire Mind Information Line on 01865 247788, or [info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk)

### Stop for Life Oxon (<https://www.stopforlifeoxon.org/>)

Stop for Life Oxon, commissioned by Oxfordshire County Council, provides free smoking cessation support and awareness for residents and people working across Oxfordshire.

**Telephone:** 0800 122 3790.

**Text** STOPOXON to 60777.

**Email:** [info@stopforlife.co.uk](mailto:info@stopforlife.co.uk)

**App:** Quit with Bella (see <https://www.quitwithbella.com/>).

You can also refer yourself to Stop for Life's services via <https://www.stopforlifeoxon.org/referral-form/>

### NHS Better Health (<https://www.nhs.uk/better-health/quit-smoking/>)

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support.

Follow the link above for the free NHS Quit Smoking app, free personal quit plan, information on stop smoking aids, and much more.

Take this free health quiz to see how you score, and to start the fightback to a healthier you: <https://www.nhs.uk/oneyou/how-are-you-quiz/>

### Other NHS Resources/Sources of Information

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

<https://www.nhs.uk/live-well/quit-smoking/>

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

### Turning Point

Turning Point, which helps people with drug and alcohol problems, provides tips on giving up smoking.

**See** [https://www.turning-point.co.uk/\\_themesdelivery/TPrefresh/assets/tpbitesizestopsmoking/story\\_html5.html](https://www.turning-point.co.uk/_themesdelivery/TPrefresh/assets/tpbitesizestopsmoking/story_html5.html)

### ASH, or Action on Smoking and Health (<https://ash.org.uk/home/>)

Action on Smoking and Health (ASH) was established in 1971 by the Royal College of Physicians. It is a campaigning public health charity that works to eliminate the harm caused by tobacco. Their website has useful information and resources for anyone in the UK.

**Email:** [enquiries@ash.org.uk](mailto:enquiries@ash.org.uk)

See also <https://www.todayistheday.co.uk/>, as well as <https://www.todayistheday.co.uk/support/>