If you would like to stop smoking

See your doctor:

You can also always speak to your community nurse:

aids to help you stop smoking
To help you stop smoking you can try using:

- Nasal sprays
- Lozenges
- Nicotine patches
- Nicotine gum
- Microtabs
- Plastic cigarette ‘You cannot light this’

It is useful if you still like to have the feeling of something in your mouth.