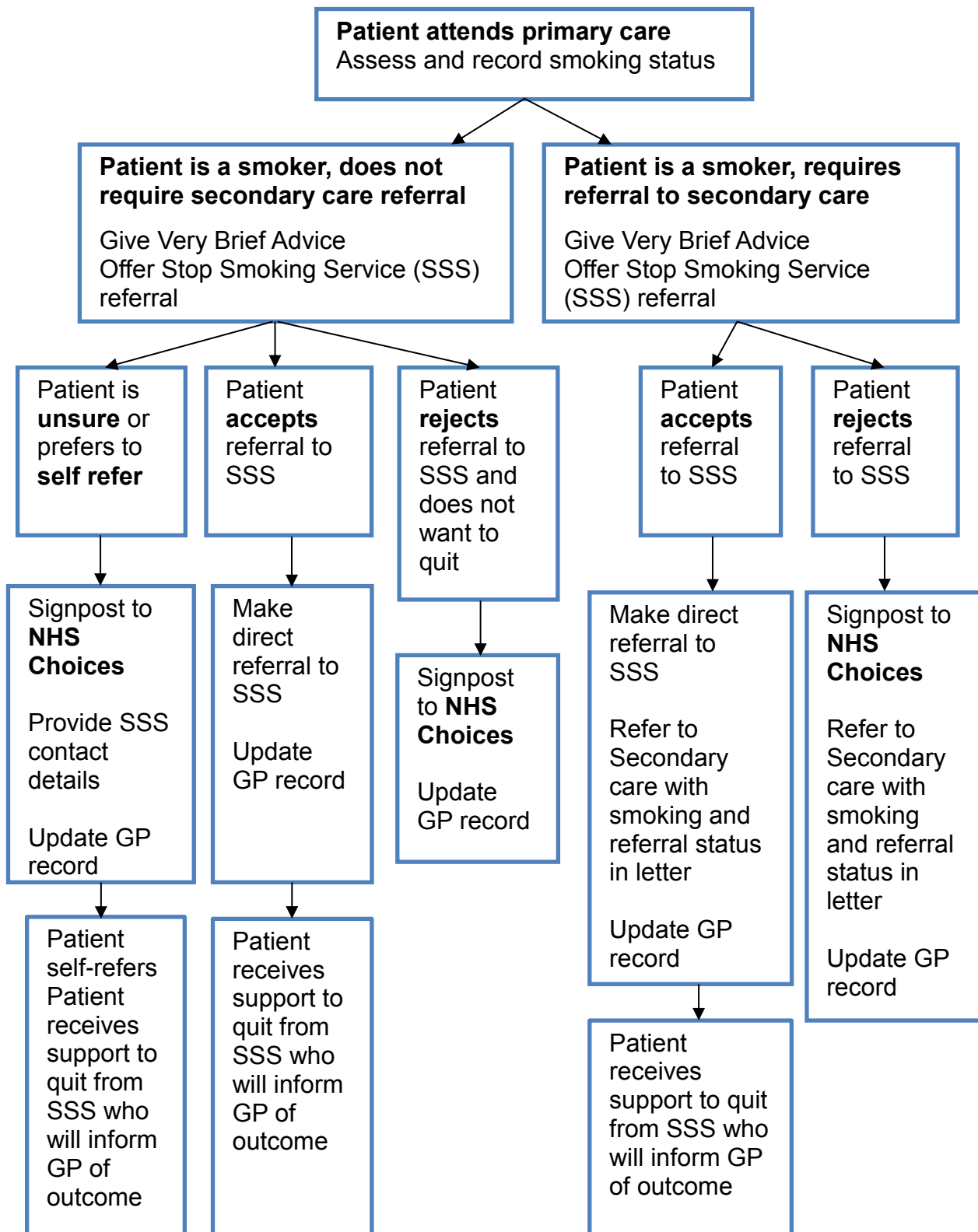


# Stop smoking services for Hampshire residents

## Primary care pathway

Smokers have a higher chance of quitting with specialist stop smoking support



## How to refer

- Direct **Referral forms** can be completed and sent to Quit4Life:
  - E-mail: [quit4life@nhs.net](mailto:quit4life@nhs.net)
  - Fax: 01252 335123

Forms are available from [www.hants.gov.uk/publichealthservices](http://www.hants.gov.uk/publichealthservices)

- Patients can self refer to Quit4Life:
  - Phone: 0845 602 4663
  - e-mail: [quit4life@nhs.net](mailto:quit4life@nhs.net)
  - Text QUIT to 60123
- Signpost to NHS Choices for self-help  
[www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx](http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx)

## Resources for practitioners

- The leaflet ***Your Life in Your Hands*** is available for download for patients requiring referral to secondary care. Please visit [www.hants.gov.uk/publichealthservices](http://www.hants.gov.uk/publichealthservices)
- Online training in Very Brief Advice is available online from National Centre for Smoking Cessation Training (NCSCT)
  - <http://elearning.ncsct.co.uk/england>
- For other training options please contact Quit4Life
  - Tel: 01329 227198
  - **Web:** [www.quit4life.nhs.uk/health-professionals/](http://www.quit4life.nhs.uk/health-professionals/)