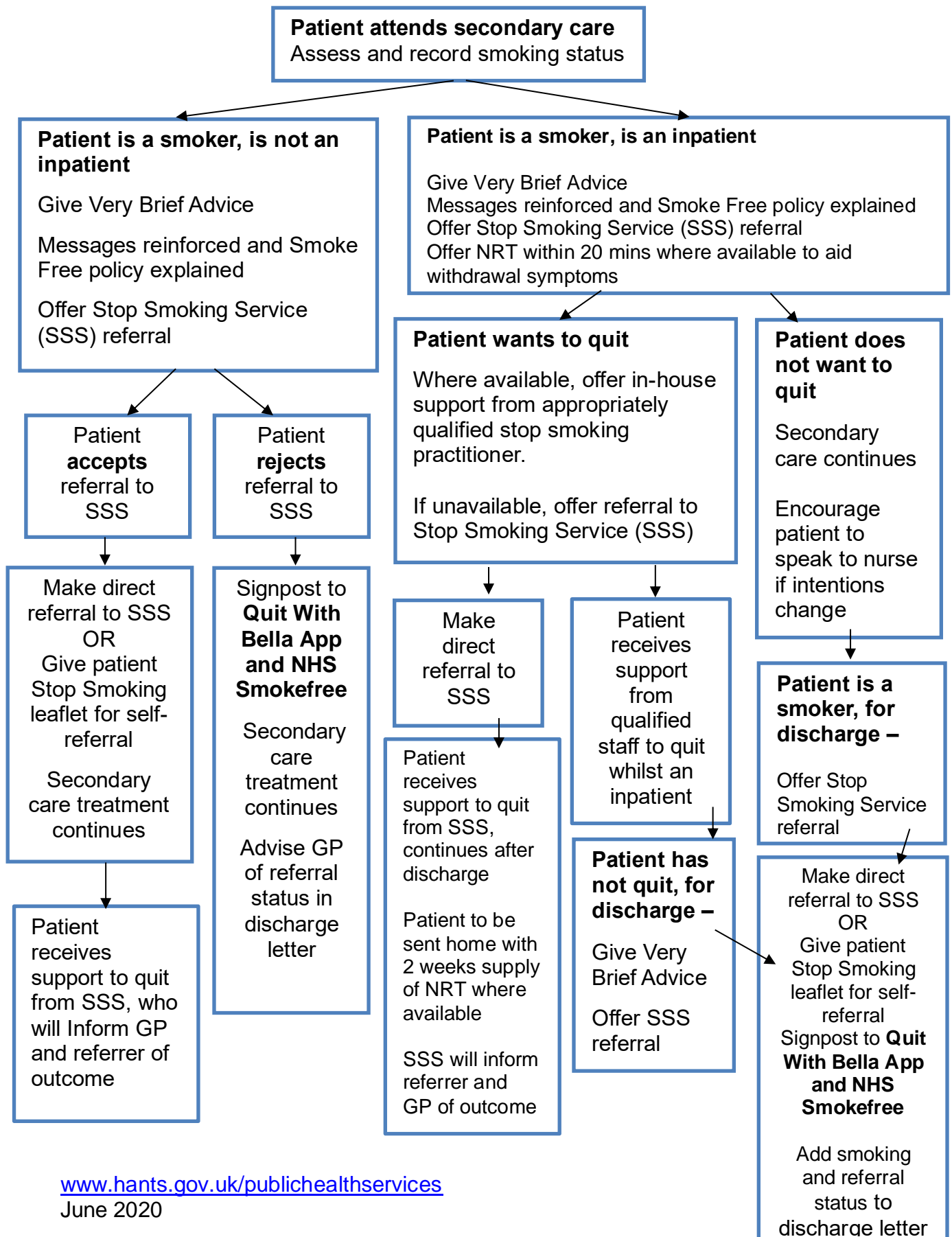


# Stop smoking services for Hampshire residents

## Secondary care pathway

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



## How to refer

- Make an secure, online professional referral here  
<https://www.smokefreehampshire.co.uk/make-a-referral/>
- Telephone: 01264 563039
- Patients can self refer to Smokefree Hampshire
  - Phone: 01264 563039
  - e-mail: [smokefreehampshire@nhs.net](mailto:smokefreehampshire@nhs.net)
  - Text QUIT to 66777
- Signpost to 'Quit with Bella' App Available from App Store and Google Play.



- Signpost to <https://www.nhs.uk/smokefree>

## Resources for practitioners

- Online training in Very Brief Advice is available online from National Centre for Smoking Cessation Training (NCSCT)
  - [www.ncsct.co.uk](http://www.ncsct.co.uk)
- For other training options please contact Smoke Free Hampshire
  - Tel: 01264 563039
  - <https://www.smokefreehampshire.co.uk/training/>