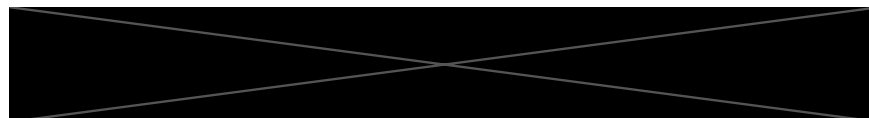




Find out what local NHS stop smoking services can do to help you stop smoking
Book an appointment instantly
Hear from real people who have used Stop Smoking Services.



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[Find out more](#)

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Yes No

Have you ever seen a NHS health professional (e.g doctor, nurse or pharmacist) about stopping smoking?

Yes No

OK, SO YOU'VE SEEN SOMEONE ABOUT STOPPING BEFORE...

Service you went to not your cup of tea? Things you tried not right for you? Don't worry. That's normal. There is lots of other things you can try, and places you can go. It's common to make **several** attempts to stop smoking before stopping for good.

"IF YOU HAVE TRIED TO QUIT IN THE PAST AND FAILED DON'T STOP TRYING. ONE DAY LIKE ME YOU WILL DO IT AND BELIEVE ME YOU WON'T LOOK BACK"
DAVE, 59

The fact you have seen someone about stopping in the past is a positive step towards quitting. Even though it did not lead to success lasttime, it does not mean it won't work next time. The more methods you try the more likely you will quit for good.

"I NEVER THOUGHT I WOULD BE ABLE TO QUIT, I HAD TRIED BEFORE AND ALWAYS FAILED. BUT THIS TIME AROUND, THANKS TO KELLY MY STOP SMOKING ADVISOR I FINALLY STUCK TO IT."
MARIE, 28

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Have you ever tried to stop smoking before?

Yes No

Have you ever seen a NHS health professional (e.g doctor, nurse or pharmacist) about stopping smoking?

Yes No

YOU ARE IN THE RIGHT PLACE...

If you have never tried to stop smoking before it may not be as difficult as you think.

"I WAS GIVEN GREAT SUPPORT AND ENCOURAGEMENT FROM THE STOP SMOKING ADVISOR"
MARIE, 28

"TO THOSE OF YOU WHO WANT TO RID THIS EVIL MONEY SNAPPING, HEALTH- DETERIORATING THING CALLED CIGARETTES OUT OF YOUR LIFE, IT CAN BE DONE AND YOU WILL SUCCEED. CONTACT YOUR LOCAL NHS AND HEALTH ADVISORS."
PAULINE, 53

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Have you ever tried to stop smoking before?

Yes No

Have you ever seen a NHS health professional (e.g doctor, nurse or pharmacist) about stopping smoking?

Yes No

**IF YOU'VE STOPPED BEFORE
YOU CAN DO IT AGAIN**

...This time for good!

It's common to make **several** attempts to stop smoking before stopping for good.

"IF YOU HAVE TRIED TO QUIT IN THE PAST AND FAILED DON'T STOP TRYING.
ONE DAY LIKE ME YOU WILL DO IT AND BELIEVE ME YOU WON'T LOOK
BACK"
NICK, 29

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PAULINE, 53

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stopapp



You are 4 times more likely to stop smoking if you have support from a Stop Smoking Service.

Continue

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stopapp



9 out of 10 smokers who've used a local Stop Smoking Service say they would recommend it

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WHAT ARE THE SERVICES LIKE?

Stop smoking appointments are tailored to what you want and what you might find helpful. You can book an appointment at your GP or any Pharmacy.

Some people feel nervous or unsure about going to a stop smoking service but once they have been they found they did not need to fear going. This app shows you exactly what you can expect and give examples of other peoples experiences which might help you feel more positive about booking an appointment

You can expect:



NO NAGGING,
FRIENDLY AND NON-
JUDGEMENTAL



SUPPORT THAT IS
RIGHT FOR YOU



ADVICE ON WAYS TO
QUIT SMOKING



TIPS ON COPING
WITH SMOKING
CRAVINGS



FREE OR CHEAPER
STOP SMOKING
MEDICINES



ADVICE ABOUT THE
USE OF E-
CIGARETTES

Getting to that first appointment is an achievement, and the first step to successfully becoming a non-smoker

"I AM ALWAYS SO PLEASED WHEN PEOPLE COME TO SEE ME TO EXPLORE WAYS TO HELP THEM QUIT FOR GOOD. GOING TO A STOP SMOKING SERVICE IS AN ACHIEVEMENT IN ITSELF AND THE FIRST STEP TOWARDS SUCCESS. IT'S SOMETHING TO BE PROUD OF!"
STOP SMOKING ADVISOR

Continue

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WHY IS IT WORTH GOING?

If you don't give it a try, you won't know, and you might regret it...

Do you want to be a smoker this time next month? Next year? Book now and you are far more likely to become a non smoker. Just imagine it..

"THE STOP SMOKING SERVICES HAVE TURNED MY LIFE AROUND,
WITHOUT THE SUPPORT I RECEIVED I WOULD NEVER HAVE
SUCCEEDED"
KEVIN, 52

"I AM SO MUCH HAPPIER FOR DOING IT [GOING TO A STOP
SMOKING SERVICE], I HAVE MADE MYSELF AND MY FAMILY SO
PROUD"
NICK, 29

"MANY OF MY PATIENTS GIVE STOP SMOKING SERVICES A GO AND
HAVE GREAT SUCCESS AT STOPPING SMOKING. I AM ALWAYS SO
PLEASED TO HEAR WHEN SOMEONE HAS BEEN AS I KNOW THEY
ARE SO MUCH MORE LIKELY TO QUIT FOR GOOD WITH THIS HELP"
GP

Booking an appointment is not committing to stop smoking straight away but is about exploring your options and seeing if the service is right for you.

Continue

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WHICH OF THESE ARE TRUE FOR YOU?

Select as many as apply to you:

I think it's too difficult to book

I don't know where they are

The times are not suitable for me

I've tried to quit and it didn't work

I'm scared / worried I won't be able to quit

Asking for help is a sign of weakness

I shouldn't need help

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Not sure where Stop Smoking Services are based? Not sure how to arrange an appointment? StopApp makes this easy. **You choose the location, time and date to suit you.** You don't even have to speak to anyone. We'll even send you a reminder. Job done.

It is very common for people to make several attempts to stop smoking before they stop for good.

Stopping smoking, even for a short period of time, is still an achievement.

With support from the Stop Smoking Service you can learn what you could do differently next time to help you stop smoking for good.

Getting help to stop smoking is not a sign of weakness. It's perfectly acceptable to have help to stop smoking, its a sign you are taking control to become a non-smoker.

Do you still want to be a smoker a year from now?



You are 4
times more
likely to stop
smoking if you
have support

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REMIND ME

If it's not the right time, right now, you might feel differently in the future.

Just tap on the reminder time below, and you can set up a reminder in your devices calender.

1 week

2 weeks

1 month

Browse booking options



WHERE WOULD YOU LIKE TO GO?

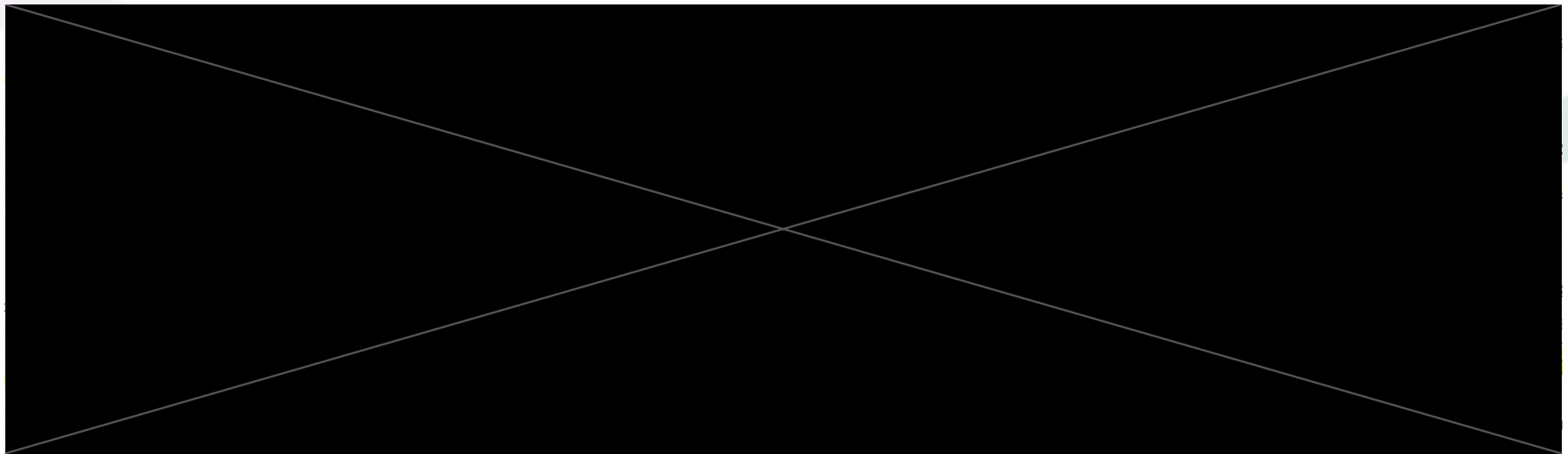
When you have booked your appointment you can start to think of yourself as someone who is one step closer to being a non-smoker

You can choose an appointment anywhere in Warwickshire. This could be close to your home, work or another address.

For user testing use the postcode PO301BH

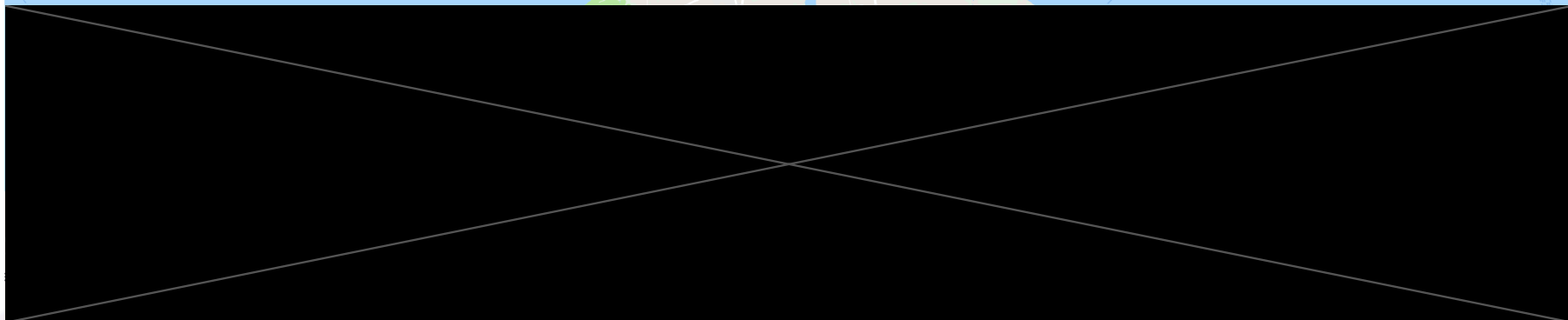
Postcode

Find Use my location



Tell me more about stop smoking service

Browse booking options



Select a service below to look at appointments available



1. API Test Provider 1, 1st Floor Weatherwise Building, East Cowes, Isle of Wight PO32 6SP



2. API Test Provider 2, 69 Carisbrooke Road, Newport, Isle of Wight PO301BH



3. Lloyds Clinic Example, 2nd Floor, 86-88 High street, Newport, Isle of Wight, PO30 1BH

Continue

Tell me more about stop smoking service

Browse booking options



SELECT AN APPOINTMENT

API Test Provider 1, 1st Floor Weatherwise Building, East Cowes, Isle of Wight PO32 6SP

Appointments available for the next 14 days

Tue 08/05	Wed 09/05	Thu 10/05	Fri 11/05	Sat 12/05	Sun 13/05	Mon 14/05	Tue 15/05	Wed 16/05
[All appointment slots are currently unavailable]								
		Thu 17/05	Fri 18/05	Sat 19/05	Sun 20/05	Mon 21/05		

If the appointments above are not suitable, please try another service

Continue

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YOUR CHOSEN APPOINTMENT DETAILS

API Test Provider 1, 1st Floor Weatherwise Building, East Cowes, Isle of Wight PO32 6SP

12:30pm - 01:00pm | undefined

Please complete your details to request this timeslot. Your name and number will be shared with the service you have selected but will not be stored on the app or shared with anyone else

For mobile phone numbers please replace the 0 with +44 e.g +447123456789

Firstname

Lastname

Mobile Number

Confirm Mobile Number

If you would prefer to receive a reminder via email rather than text message, please enter your email address

Email

Confirm Email

Continue

A mobile phone number or email address is required for appointment confirmation.

Browse booking options