

Stop smoking services help you quit smoking

Barnet Federated GPs stop smoking services are free, friendly and can massively boost your chances of quitting for good.

These services staffed by expert advisers provide a range of proven methods to help you quit. They'll give you accurate information and advice, as well as professional support, during the initial stages to help you stop smoking. They also make it easy and affordable for you to get stop smoking treatments, such as:

- **Varenicline (Champix) • Bupropion (Zyban)**
- **Nicotine replacement therapy, such as patches & gum**
- **Include E-cigarette vaping**

One-to-one stop smoking sessions.

You'll normally be offered a one-to-one appointment with an adviser. Depending on where you live in Barnet, the venue could be a local GP surgery or pharmacy, "The majority of people who see an adviser will get through the first month after quitting without smoking a cigarette. Overall, you're up to 4 times more likely to stop smoking for good if you use a combination of stop smoking treatment and receive support from an NHS Stop Smoking Service." she says.

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Barnet
Federated GPs

Working together to improve primary care across Barnet



Contact us:



You can phone Barnet Federated GPs stop smoking service on the following number or email us at: barnetfederatedgps.services@nhs.net to make an appointment with the adviser. Tel: 02039 829 800