

## Websites and Helplines for people wanting to quit

Title	Web Address / Helpline number
Stop Smoking Service Cornwall	<a href="http://www.quit4cornwall.com">www.quit4cornwall.com</a> <b>01209 215 666</b>
Quit – UK based smoking cessation charity	<a href="http://www.quit.org.uk">www.quit.org.uk</a> <b>0800 00 22 00</b> 9am – 9pm every day
NHS Go Smokefree  NHS Pregnancy Smoking Helpline	<a href="http://www.gosmokefree.co.uk">www.gosmokefree.co.uk</a> <b>0800 169 0 169</b> 7am – 11pm every day  <b>0800 169 9 169</b> 12 midday - 9pm every day
No Smoking Day	<a href="http://www.nosmokingday.org.uk">www.nosmokingday.org.uk</a>
Quit Net – helping smokers quit	<a href="http://www.quitnet.com">www.quitnet.com</a>
NiQuitin	<a href="http://www.niquitin.co.uk">www.niquitin.co.uk</a>
Nicorette	<a href="http://www.nicorette.co.uk">www.nicorette.co.uk</a>
Nicotinell	<a href="http://www.nicotinell.com">www.nicotinell.com</a>
Sick of smoking – useful for those who want to quit smoking	<a href="http://www.sickofsmoking.com">www.sickofsmoking.com</a>
Quit Because – for young people between 8 and 18	<a href="http://www.quitbecause.org.uk/">www.quitbecause.org.uk/</a>
Net Doctor – useful advice on quitting, including health and medications	<a href="http://www.netdoctor.co.uk/smoking/">http://www.netdoctor.co.uk/smoking/</a>

## Self Help Books

Title	Author
Easy Way to Stop	Alan Carr
Break Free from the Smoking Habit	Brian Deakin
Kick the Habit	Martin Raw
How to Stop Smoking and Stay Stopped for Good	Gillian Riley