



# GP PRACTICE SUPPORT PRESCRIPTION

## FOR SUPPORT WITH STOPPING SMOKING

### PART 1

Patient Title, Forename and Surname

### OPTIONS

### SELECT YOUR SUPPORT

You can choose more than one support option


☐

**Text Support** text  
'TIPS' to 63818



**you'd like to receive free daily messages proven to help keep you motivated.**

☐

**Email support** search  
'NHS Smokefree'  
online for free sign up



**you'd like a daily email to keep you on track to stop smoking for good.**

☐

**Smokefree App** search  
'NHS Smokefree' in  
Google Play or iTunes to  
download the free app



**you've got a smartphone and want to track your progress, see how much you're saving and get daily support wherever you are.**

☐

**Chat tool** via Facebook  
Messenger search  
'NHS smokefree' on  
Facebook Messenger



**you want instant support when cravings strike, plus loads of tips, motivation and advice to help keep you smokefree.**

☐

**E-cigarettes** to  
quit smoking



**you want help to manage your nicotine cravings and join over million people who have successfully stopped smoking using e-cigarettes. They carry a fraction of the risk of cigarettes and can be very effective when combined with extra quitting support. E-cigarettes can be bought from vape shops, pharmacies and other retail outlets. E-cigarettes aren't currently available from the NHS on prescription. For more information on e-cigarettes visit <https://bit.ly/2q1v461>**

☐

**Stop Smoking  
Medicines**



**Right for you if** you'd like help to beat nicotine cravings. Stop smoking medicines give you some of the nicotine you would have received from cigarettes but without all the harmful stuff like tar and carbon monoxide. Seek advice from your pharmacy team to help you decide which is right for you and purchase over the counter.

**PART  
2**

Signature of doctor  
or healthcare  
professional

Date / /

**PART  
3**

Signature  
of patient

Date / /