

READY TO STOP SMOKING

Drop in and meet one of our Advisers



NO APPOINTMENT NEEDED - Specialist support available **FREE**

Clackmannan Community Healthcare Centre (CCHC)

Hallpark Road
SAUCHIE FK10 3JQ

Tuesdays 5:00p.m.—7:00p.m.

St Ninians Health Centre

Mayfield Street, St Ninians
STIRLING FK7 0BS

Wednesdays 4:30p.m.—6:30p.m.

Camelon Health Centre

1 Baird Street
Camelon
FALKIRK FK1 4PP

Wednesdays 4:00p.m.—6:00p.m.

Forth Valley College Raploch

Drip Road
STIRLING FK8 1SE

Tuesdays 4:30pm-7:00pm

[Stop Smoking in the Workplace](#)

Your workplace may have a stop smoking course available. This would give you a chance to attend a 7 week programme in the convenience of your workplace. Alternatively your occupational health department may offer one-to-one support.

Hospital Stop Smoking Service

If you are admitted to hospital and wish to stop smoking, advice and intensive support will be provided along with NRT (Nicotine Replacement Therapy) where appropriate.

Call **01324 566367 (Ext 66367)**.

Ask your Doctor or Nurse in charge of your care to refer you.

Community Pharmacies (Chemists)

All Community Pharmacies in Forth Valley offer 1-1 stop smoking support for up to 12 weeks for those 12 years and over. **FREE** patches, gum and other NRT products can be provided.

Pharmacies offer a local and convenient service where you can attend when it suits you.

If you or anyone you know would like this poster about Stop Smoking Services in other languages or formats such as large type or audio tape please contact: FV Stop Smoking Service Co-ordinator, NHS Forth Valley on 01786 433293

Updated February 2016

PROUD TO BE SMOKEFREE