

[Berkshire East NHS Stop Smoking Service](#)

The Berkshire East Stop Smoking Service offers support to all smokers who want to stop within Bracknell Forest, Windsor, Ascot, Maidenhead & Slough.

The service offers **free** face to face support and advice over at least four weeks together with vouchers which can be redeemed for NRT (nicotine replacement therapy) products if appropriate. Over 60% of our smokers setting a quit date are successful quitters. Topics we look at include: preparing to stop, nicotine replacement therapy, positive gains of stopping smoking, diet & exercise, managing cravings & stress and staying stopped.

The service is delivered in a number of different ways:

- Through one-to-one specialist support clinics. These clinics are aimed at more heavily dependent smokers.
- At specialist Stop Smoking Support Groups available in various localities
- Email and telephone support for smokers who want to quit but can't attend any of the above.
- Through a network of trained Smoking Cessation Advisors (pharmacists or your GP practice) who offer a local intermediate level of support for less heavily dependant smokers.

Call us on: [0845 6024 218](tel:08456024218) (local rate)

Email: Stop.smoking@berkshire.nhs.uk

Website: www.berkshire.nhs.uk/timetostop/