

# READY TO STOP SMOKING

Drop in and meet one of our Advisers



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

**Stirling Community Hospital**  
Outpatients Department  
Livilands  
STIRLING FK8 2AU  
**Mondays 4:00p.m.—6:00p.m.**

**Clackmannan Community Healthcare Centre (CCHC)**  
Hallpark Road  
SAUCHIE FK10 3JQ  
**Tuesdays 4:00p.m.—6:00p.m.**

**Camelon Health Centre**  
1 Baird Street  
Camelon  
FALKIRK FK1 4PP  
**Wednesdays 4:00p.m.—6:00p.m.**

## [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 November 2016

# PROUD TO BE SMOKEFREE