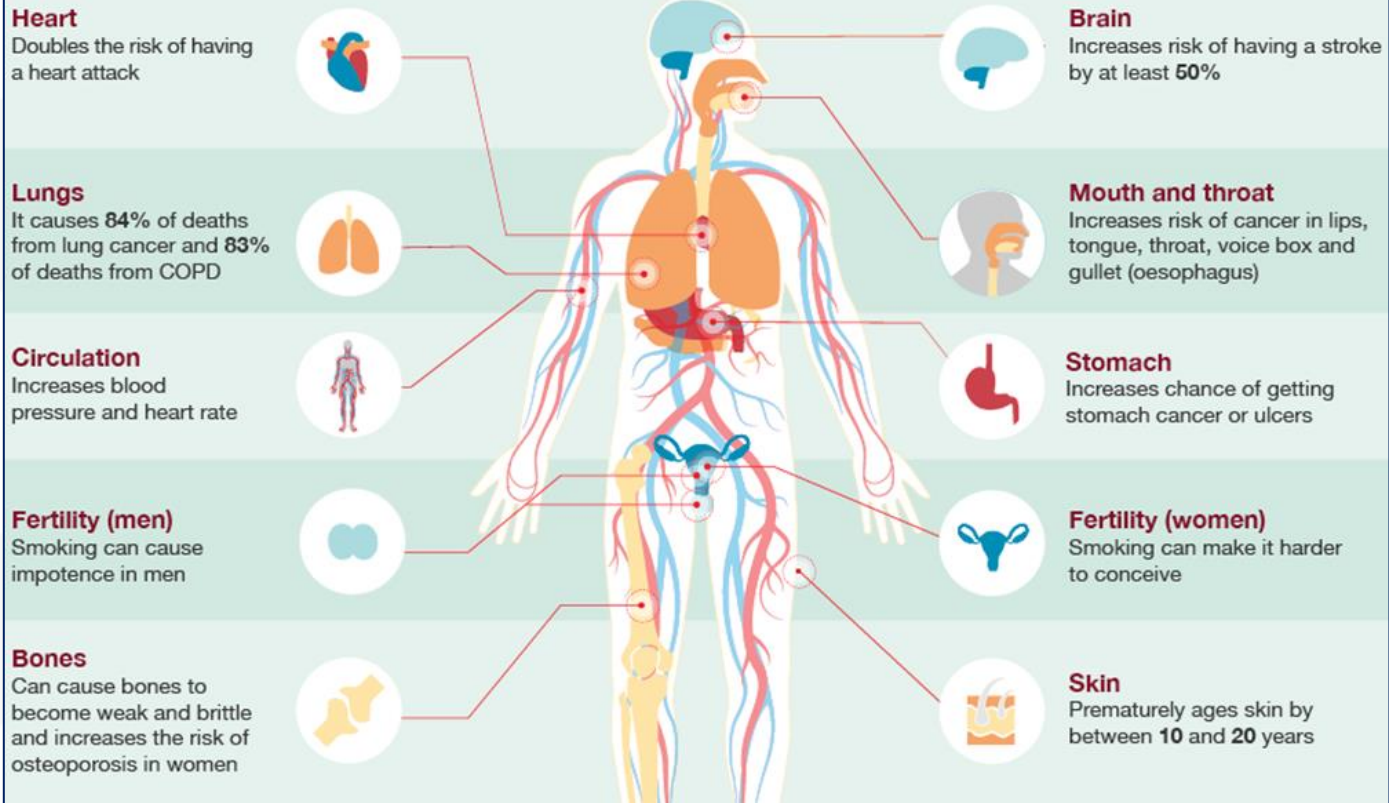


Health effects of smoking.



Its not too late to stop smoking



Help to quit smoking

Solihull Quit51 (4.35 miles)

Tel: 0800 622 6968

Email: contact.quit51@nhs.net

Birmingham Community Healthcare Stop Smoking Service (15.83 miles)

Tel: 0800 052 5855 or text QUIT to 80800

Email: BCHNT.stopsmoking@nhs.net

Coventry Stop Smoking Services (17.43 miles)

Tel: 0500 834 333 or text QUIT to 07768867987

Email: smokfree.coventry@covwarkpt.nhs.uk

Warwickshire Stop Smoking Service (17.69 miles)

Tel: 0800 085 2917 or text LIFE to 80800

Email: smokefreewarwickshire@nhs.net

Stop Smoking Services in Sandwell (20.13 miles)

Tel: 0800 011 4656

Email: stopsmokingsandwell@nhs.net

Dudley Stop Smoking Service (24.05 miles)

Tel: 0800 0850 652

Email: info@dudleystopsmoking.co.uk

Walsall Specialist Stop Smoking Service (24.89 miles)

Tel: 01922 444 044

Email: lifestylelink@walsall.nhs.uk

Wolverhampton Stop Smoking Service (31.86 miles)

Tel: 0800 073 4242 or 01902 443 083

Email: rwh-tr.Healthy-Lifestyles@nhs.net