

ABOUT SFLS

Smokefreelife Somerset is your local stop smoking service and is provided by Somerset County Council.

We are a FREE stop smoking service supporting Somerset residents to become smoke free.

We offer 12 week treatment programmes delivered mainly through group support at our Quit Clubs.

Quit Clubs take place at a variety of venues across the county and offer either daytime or evening support. They are run by our team of qualified and experienced Quit Coaches.

The 12 week treatment programme focuses on supporting behaviour change. Quit Coaches will also advise on the use of licensed stop smoking medications to ease nicotine withdrawal and may supply these products if appropriate. Depending on the product used, this may incur a prescription charge if applicable.

Weekly attendance at Quit Clubs is recommended for the full treatment course.

How to refer for support

Smokers who are motivated to stop smoking can self-refer for support or be referred by their healthcare professional.

Self referral:

Call Smokefreelife Somerset on 01823 356222 or book via the website:

<https://www.healthysomerset.co.uk/smokefree/>

Referral from healthcare professional: please contact us on the number above for the form

Referral form can be posted to:

Smokefreelife Somerset
PP B3S 2, County Hall
Taunton TA1 4DY

Or emailed to: smokefreelife@somerset.gov.uk