

NHS Northamptonshire's Stop Smoking Service offers free advice and support to help you quit smoking. Our expert advisors are on hand to give you individual or group support in a variety of locations and can advise you of the range of nicotine replacement therapy available.

Below are a few common questions we are asked which you may find useful:

How long does it take to get on to a course?

We have lots of support sessions available all over the county and so we are normally able to book you on within a few days of calling.

Will I have to quit straight away?

No. Depending on your choice of support it will generally be week 3 of your support, or if it is a one-to-one, you will decide when your quit date will be.

Will I receive anything to help with my quit attempt?

If required you will be offered 12 weeks worth of Nicotine Replacement Therapy on prescription. All of the support and advice that you will receive will be absolutely free.

How long do I need to attend for?

It would normally be once a week for 7 - 12 weeks but this will depend on the individual.

What's the success rate?

Our success rate is generally 60-70%, which means for every 10 people that decide to set a quit date with us, 6-7 are likely to be successful.

Have the advisors ever smoked before?

Many of our advisors have previously smoked and all of them understand how difficult giving up smoking is.

Can I go with a friend?

Quitting together with friends or partners gives you that extra support and is a very good idea.

Is it like an AA meeting?

No. The courses are informal, friendly and supportive. Most of our advisors are ex smokers themselves.



If I had a slip up and had a cigarette, would that mean I wouldn't be able to attend the course anymore?

Of course not. Lots of people have several attempts before they successfully quit. We would say it's completely normal, it's happened but we shall draw a line under it and start a fresh.

What happens if I don't quit after the course?

We would advise you to take a break and come back and try again when you feel ready.

What happens after the course? Do I get anymore support?

You will continue to receive support from our advisors if you need this after your course has finished, this could be via the telephone or email. Alternatively you can speak to a Health Trainer who can offer you continued one to one support.

Will NRT affect any medication I am already on?

Nicotine Replacement Therapy shouldn't affect any other medications. However if you have any doubts or queries then contact your GP.

How long should I take NRT for?

We advise that you should take Nicotine Replacement Therapy for 12 weeks. However if you feel like you need more after the 12 weeks, you can buy it from any pharmacy.

What happens if I miss a session? Will I have to start again?

No you won't need to start again, just come along to the next session. If you need any advice or another prescription just call the 0845 number and someone in the office will be able to help.

How much will it cost for me to join?

Our service is completely free, the courses and all the advice and support are free. The only cost will be a prescription charge for the products that you choose.

Can I get individual tailored support if I'm pregnant?

Yes. We have a dedicated team of Reducing Smoking In Pregnancy advisors who run one to one clinics and can support partners, family and friends too.

Can I use nicotine replacement therapy if I'm pregnant?

Yes, nicotine replacement therapy is safe to use whilst pregnant, there may be certain products that aren't appropriate but our advisors can let you know what products are best.

Contact us:

Call 0845 601 3116

Email smokefree@northants.nhs.uk

