



Living Well North Tyneside

Supporting Health and Wellbeing

There are many **benefits of quitting smoking** and support from a Stop Smoking Adviser increases your chance of stopping for good.

There are a number of Pharmacies across North Tyneside that offer **FREE stop smoking support and treatment**, coming up with a tailored plan to help you deal with cravings.

For more information click [here](#).

If you would like to find out more about stop smoking support that these pharmacies offer please call us on 0191 643 3737 or email stopsmoking@northtyneside.gov.uk. This line is open Monday – Friday, 9:00am – 5.00pm

E-cigarettes

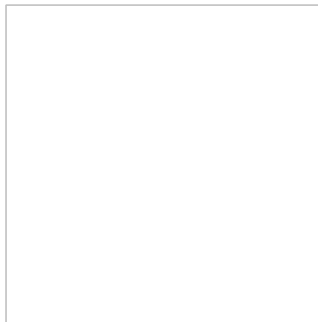
E-cigarettes allow you to inhale nicotine through vapour rather than smoke. This vapour doesn't contain tar or carbon monoxide, two of the most harmful elements in tobacco smoke. Using an e-cigarette isn't completely risk-free, but it is at least 95% less harmful than smoking and can help you quit.

E-cigarettes can also be used to stop smoking along with support from a Stop Smoking Adviser.

You can find out more about e-cigarettes [here](#).



[stop smoking](#) | [quit smoking](#)



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<https://my.northtyneside.gov.uk/category/597/quitting-smoking>

Last Updated - 19th November 2024

