



Local Support to Quit Smoking

Local Pharmacies providing support:

Pharmacies provide one-to-one support with 12 weeks supply of nicotine patches, gum, spray, or tablets. This service is free unless you pay for your prescription. The full course costs £9.90



Text Service

Text QUIT to 80800



Helpline

NHS Smokefree National Helpline
0300 123 1044

Local Support
0121 314 4041

Interpreters Available



Online Resources

www.nhs.uk/better-health/quit-smoking

<https://lightupyourlife.today/>

Sparkbrook Pharmacy	153A Stratford Rd, B11 1RD 0121 772 0165	Walk-in service available
Stag Chemist	230 Stoney Lane, B12 8AN 0121 772 0795	Walk-in service available
Medisina Pharmacy	Canford Close, B11 0YU 0121 440 6992	Walk-in service available
Laser Pharmacy	854 Stratford Rd, B11 4BS 0121 778 2921	Walk-in service available
Masters Pharmacy	741A Stratford Rd, B11 4DG 0121 777 2906	Walk-in service available
Sparkbrook Health Centre Pharmacy	Grantham Rd, B11 1LU 0121 772 6351	Walk-in service available
Fakir Pharmacy	200 Edward Rd, B12 9LP 0121 440 0888	Ring for Appointment
Shah Pharmacy	491 Stratford Rd, B11 4LE 0121 772 0792	Ring for Appointment
Ladywood Quit Smoking Clinic Ltd	212 St Vincent St West, B16 8RP 07874 911292	Free NRT delivery to home. Open to all Birmingham residence



Mobile Apps



NHS Quit Smoking (Smokefree) App



Nicorette Stop Smoke & Vape App



Smoke Free App