

Plymouth Smoking Advice Service

Our EARS study involves those who wish to cut down but not quit in the next month.

However, if you do feel that you wish to quit at any time then specialist help is available from Plymouth Smoking Advice Service for those who wish to quit.

Trained professionals can support you with advice and access to a range of therapies, including Nicotine Replacement Therapy (gum, patches, etc).

This support can greatly increase success rates in quitting, compared with going it alone.

As someone in a research study we would like you to contact us first at 01752 434438 if you do wish to quit, during the 4 month study.

We will then refer you to:

Plymouth Smoking Advice Service,
Devonport & Stonehouse Office,
Room F24, Cumberland Centre,
Dammerel Close,
Devonport.
Tel: 07917072874