

Get One to One Support

Our trained advisors based locally across the city can help you to stop smoking.

The service offers free one-to-one support along with stop smoking medications at the cost of a prescription, or free if you are exempt. They can advise you on what stop smoking medications might work for you and talk through any problems you may be experiencing.

You can access this support through local pharmacies and GPs with services based in all corners of the city, as well as health trainers you can contact directly, so it needn't be an inconvenience or far to travel.

To find out more about our services and how to access them visit brighton-hove.gov.uk/stop-smoking

Be inspired by the stories of other LGBTQ people who've given up smoking and find out more at switchboard.org.uk/stop-smoking

Get Support At Home

If you can't easily leave your house because of a long term health condition and would like to quit smoking, our trained advisors can visit you in your home.

This service is provided by seven pharmacies in the city. Their highly skilled advisors provide one-to-one behaviour support and stop smoking medicine in your home. Talk to a local pharmacy providing home visits to find out if you're eligible for this service.

E-Cigarettes

If you don't want to, or can't stop smoking, why not think about making the switch to e-cigarettes? All our services are e-cigarette friendly; they are a safer alternative to smoking, and 95% less harmful because you don't breathe in any tar or carbon monoxide.

Whilst not completely safe due to the unknown long term effects, research has shown that two out of three people who use e-cigarettes, in combination with a stop smoking service, quit smoking successfully.

Our service doesn't supply e-cigarettes, but our advisors can offer the extra support that will help you stop smoking if you buy your own.

Stopping smoking has immediate health benefits, no matter how long you've smoked for, it's the best thing you can do for your health and the health of those around you. You will start to see the benefits quickly – from being able to breathe easier, to the extra money in your pocket.





More LGBTQ people are likely to smoke than straight people—and it's harming our community.

From taking thousands of LGBTQ lives every year, to damaging nearly every part of our bodies, it's time we came together as a community to fight back. Smoking is the single biggest modifiable lifestyle factor that contributes to premature death and can reduce a person's quality of life.

There's lots of support available to keep you motivated and manage cravings including stop smoking medications, e-cigarettes and one to one support and advice.

Over 10,000 smokers have quit smoking in the last four years in Brighton & Hove, and over half of these have stopped by using our e-cigarette friendly, local, stop smoking services. Those who use our services are also four times as likely to quit smoking for good!



Stop Smoking Start Living

Smoking hurts our community.

