

FURTHER INFORMATION & SUPPORT

The NHS Quit Smoking page has a range of useful information, including myths & facts about vaping, different ways to quit, and links to their dedicated app.

Search for: [NHS Better Health quit smoking](#)

The NHS also has a wide range of advice on other forms of addiction, with signposting to relevant organisations and programmes.

Search for: [NHS addiction support](#)

ASH Scotland has lots of information and statistics on smoking & tobacco. Their website also has inspiring case studies of people who have kicked the habit and the benefits they have seen since.

Search for: [ASH Scotland facts & statistics](#)

Dan 24/7 is Wales' drug & alcohol helpline. Their page on nicotine is a helpful resource for better understanding the effects of nicotine, how it is taken, and the risks associated with it. The website also includes a Drugs A-Z and links to other support services.

Search for: [Dan 24/7 nicotine](#)

Talk to Frank is a trusted resource for anyone seeking honest advice about drugs & alcohol. There is a specific page on how to deal with peer pressure, as well as what to do if you are concerned about a friend.

Search for: [Talk to Frank peer pressure tips](#)

Please Note: If you have any concerns, please speak to a trusted adult, such as a teacher or caregiver.