

## MORE INFORMATION & SUPPORT

For help stopping smoking, the NHS has information on local one-to-one and group options. There is also advice on using e-cigarettes to stop smoking.

**Search for: [NHS stop smoking services](#)**

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 developed guides for parents & carers on how to talk to their children about smoking & vaping. It includes tips on communicating the risks and information on where to find further support.

**Search for: [ASH Scotland parents & carers](#)**

Dan 24/7 is Wales' drug & alcohol helpline. Its dedicated page on nicotine is a helpful resource for demystifying 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 dedicated section for those concerned about a child, which includes signs to look out for and how to start an effective conversation.

**Search for: [Talk to Frank concerned about a child](#)**

*Please Note: If you have any concerns, please speak to your school's Designated Safeguarding Lead.*