Support services

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| --- | --- | --- | --- |
| Support service | Who is it aimed at? | Star rating | Pros and cons |
| NHS Quit Smoking [Quit smoking - Better Health - NHS (www.nhs.uk)](https://www.nhs.uk/better-health/quit-smoking/) |  |  |  |
| Your GP |  |  |  |
| Health For Teens UK [E-cigarettes: Just The Facts | Health For Teens](https://www.healthforteens.co.uk/lifestyle/e-cigarettes/e-cigarettes-just-the-facts/) |  |  |  |
| Wiltshire Health Improvement Coaches [Health improvement coaches - Wiltshire Council](https://www.wiltshire.gov.uk/public-health-improvement-coaches) |  |  |  |
| School nurse |  |  |  |
| Talk To FRANK [Contact Frank Directly | Confidential Advice | FRANK (talktofrank.com)](https://www.talktofrank.com/contact-frank) |  |  |  |
| Trusted adults in school |  |  |  |
| The Wrap [The Wrap | Nicotine (cigarettes, vaping, puff bars) (thewrapdhi.org.uk)](https://www.thewrapdhi.org.uk/find-information/drugs-alcohol/nicotine) |  |  |  |