

Student Health - Smoking, Alcohol & Drugs

Helpful services that you can access directly are:

- The GP
- [Student Support Services](#)
Tel 01225 876543
studentsupport@bathspa.ac.uk
- [Off The Record](#)
Advice and counselling on drug and alcohol problems for the under 25's
Tel 01225 312481
- [DHI](#)
The local specialist service for drug and alcohol problems-you can refer yourself.
Tel 01225 831810

NHS Choices sites have lots of useful information about drug and alcohol

[Smoking, alcohol and drugs](#)

[Legal highs](#)

Stopping Smoking

Well done for considering stopping smoking. You are four times more likely to succeed with support than going it alone.

- You can book an appointment with an health care professional to provide you with advice and support with stopping smoking at Fairfield Park Health Centre or at the Newton Park campus Surgery
- Contact the Bath and North East Somerset NHS stop smoking service Helpline
9am-5pm (4.30pm Fridays).
Self referral by phone
Tel 01225 831852
- Your local pharmacist can give advice and recommend treatments
- Take a look at all the NHS resources available to you on the [NHS 'smokefree' website](#)