

# JOIN THE MILLIONS WHO'VE **QUIT** SMOKING WITH OUR SUPPORT

For free advice and support  
on stopping smoking,  
**search 'Smokefree'.**



BECAUSE THERE'S ONLY  
**ONE YOU**

# CHOOSE THE SUPPORT THAT'S RIGHT FOR **YOU**

And get ready to stop  
smoking for good.



## FACE-TO-FACE

Right for you if you'd like to talk to an understanding expert and give yourself the best chance of quitting successfully.

- Local and easy to access.
- Support that's matched to your specific needs.

Ask your pharmacy team, doctor or nurse, or **search 'Smokefree'** to find your local Stop Smoking Service.



## STOP SMOKING AIDS

Right for you if you need help with nicotine cravings.

- Some medicines are available on prescription.
- Nicotine replacement therapy products can be purchased over the counter at your local pharmacy.
- E-cigarettes are available in vape shops, pharmacies and other outlets.

Talk to your local Stop Smoking Service or pharmacy team, or **search 'Smokefree'**.



## SMOKEFREE APP

Right for you if you want support every step of the way.

- See how much money you're saving with the savings calculator.
- Get support to combat cravings.

**Search 'Smokefree' in the iTunes app store or Google Play store.**



## SOCIAL MEDIA

Right for you if you're always checking your social feeds.

- Swap tips with others who are quitting.
- Support and advice on Facebook Messenger at any time of the day.

**Follow NHS 'Smokefree' on Facebook and Twitter.**



## EMAIL

Right for you if you'd like a daily email with information and motivational support.

**Search 'Smokefree' to sign up.**