

Are YOU thinking about Quitting Smoking?

Then WE can help



NHS Stop Smoking Support Services offer **FREE** local support to anyone who is ready to quit by giving:

Ideas on best ways to quit

Individual support to help you manage the change

Advice on aids to help you quit:
Prescription service for Nicotine Replacement Therapy; Champix or Zyban

Booked 1 to 1 appointments or drop-in sessions at convenient times / days / & locations

FOR FURTHER INFORMATION

Please contact:

Tel: 01397 709 864

Text: 07786 190 815

Email: joanne.barnett1@nhs.net

Telephone Support
Texting Service
E-mail support