

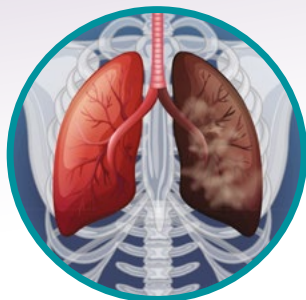
Free help to stop smoking



Give yourself the best chance of stopping for good, you're three times as likely to Quit with us!

What we can offer you:

- Weekly group or one to one sessions with a specially trained, experienced stop smoking practitioner
- Weekly Carbon Monoxide readings to monitor your progress from smoker to non-smoker
- Help to manage cravings and withdrawal symptoms with FREE nicotine replacement therapy (NRT) products, vapes and prescription medicines **



Who can stop smoking with us?

- If you live in Staffordshire* aged 18 or over
- A smoker of tobacco products

What do I do now?

Tel: **0333 005 0095**

Text: **QUIT to 60777**

Email: **eh.staffs@nhs.net**

Visit: **staffordshire.everyonehealth.co.uk**

Scan
me...



It's
free!

Funded by

 **Staffordshire**
County Council

* excluding Stoke on Trent
** medical suitability applies

 **everyonehealth**
because everyone matters