For free advice and support on stopping smoking, search ‘Smokefree’.
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.