

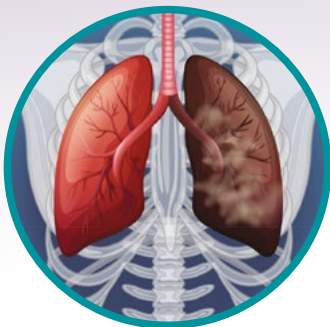
Free help to stop smoking



Smoking is bad for your health and costs a lot of money.

What we offer...

- One-to-one behaviour change support with a stop smoking specialist
- Help to manage cravings and withdrawal symptoms, with **free** nicotine replacement therapy (NRT) products
 - Face to face or over the phone appointments available



Who can stop smoking with us?

- If you live in Staffordshire* and are aged 18 or over
- If you are a smoker of tobacco products

What do I do now?

Visit: staffordshire.everyonehealth.co.uk

Email: eh.staffs@nhs.net

Text: **QUIT** to **60777**

Tel: **0333 005 0095**



**It's
free!**

*excluding Stoke on Trent

Funded by

 **Staffordshire**
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 **everyonehealth**
because everyone matters