

How will you quit?

Getting support from the **Stop Smoking Service** means you are 3 times more likely to quit smoking successfully.

The Stop Smoking Service can provide support to anyone who lives or works across, Bedford Borough, Central Bedfordshire and Milton Keynes. You can get referred from your GP surgery, pharmacy or contact us directly.



I started smoking at 15 but before long I was addicted. I was so impressed with the Stop Smoking Service... tremendous support, understanding and no judgement.

Lisa

How will you quit?

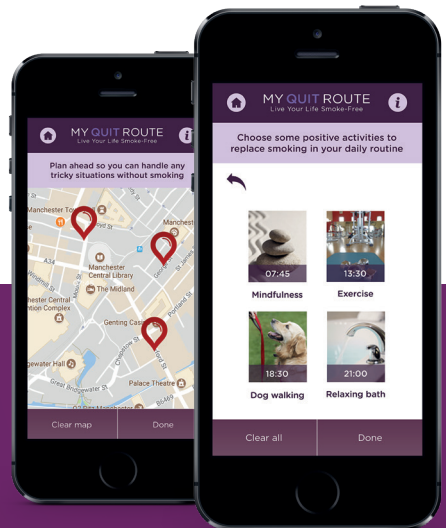


Receiving support from the Stop Smoking Service means:

- Getting help to find the right product for you including a selection of Nicotine Replacement Products (NRT) and Champix (prescribed medication).
- Talking to an experienced advisor who will support you with specialist behavioural support to help tweak habits and behaviours that trigger the desire to smoke.
- Access to specialist resources and information including a FREE comprehensive app 'My Quit Route' that will allow you to plan and organise your quit attempt, supporting you 24 hours a day.

My Quit Route is available for you to download from Google Play or App Store.

Search for 'My Quit Route':



When you are ready, get in contact with the Stop Smoking Service to find out more.

Call: 0800 013 0553

Email: bedscg.stopsmokingservice@nhs.net

Visit: www.thestopsmokingservice.co.uk



Working together to improve the health and wellbeing of our communities