

# THERE'S A WAY TO STOP SMOKING THAT'S RIGHT FOR YOU

It's easier to quit smoking with support and advice from the NHS. All of the services are free and they'll help you find the ones that suit you best.

Call now and you'll receive a free stop smoking DVD and information pack.

The DVD features real people who have used NHS support including local NHS Stop Smoking Services and nicotine replacement therapy to help them quit smoking successfully.

Take your first steps to enjoy a smokefree life with some free help and advice from the NHS. Get your free DVD and information pack today.



**Step 1.** Call the NHS free on 0800 917 2318 and ask for your free DVD and information pack.



**Step 2.** Choose the way to quit that's best for you. A stop smoking adviser can help with this.



**Step 3.** Set your quit date and get all the free support you want from the NHS, in just the way you want it.



**Step 4.** Enjoy your new smokefree life. And use free NHS support whenever you need it.

Call **0800 917 2318**  
or visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)



**SMOKEFREE**