



Thinking
about
stopping
smoking
or vaping?

**QUIT
YOUR
WAY**
with our
support

**Get expert advice and support from
your free local Quit Your Way service.**

Methods of support to help you stop smoking or vaping:

- One to One support
- Telephone support
- Near Me / Attend Anywhere video consultation
- NRT (Nicotine replacement therapy)
- We can arrange an interpreter for you if required
- All support is **free**



Scan the QR code to be able to refer
yourself to the Quit Your Way service or
Freephone **0800 783 9132** to find out
more about what Quit Your Way can offer.



LGBT Ally



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