



it's time to... Stop Smoking for good

Free support to help you quit

How we can help

Our stop smoking service provides advice, support and encouragement on how you can stop smoking for good.

We know how difficult stopping smoking is, which is why we offer a programme of support for twelve weeks. You will receive support from your own friendly stop smoking specialist who will work with you to design your own personalised plan. This will include advice on choosing a suitable stop smoking medication and information on how to manage cravings and withdrawal symptoms.

Appointments are available at GP practices and community locations across Cambridgeshire and Peterborough, putting the service easily within your reach. Telephone support is also available

Who we can help

- Any smoker aged 12+ who lives in Cambridgeshire or Peterborough or is registered with a GP Practice in Cambridgeshire or Peterborough



Funded by Cambridgeshire County Council and Peterborough City Council



For more information or to sign up to this service scan the QR code or

Text: **HEALTHYU** to **60777** or call: **0333 005 0093**

Email: **healthyyou@healthyyou.org.uk** or

Visit: **www.healthyyou.org.uk**



Healthy You