# SWAP TO TO STOP

### ARE YOU A SMOKER WANTING SUPPORT TO QUIT SMOKING?

OUR STOP SMOKING SERVICE OFFERS FREE MOTIVATIONAL SUPPORT TO HELP YOU QUIT SMOKING, ALONGSIDE ACCESS TO:

#### **FREE VAPE KITS**

NICOTINE REPLACEMENT THERAPY

#### GROUP SUPPORT SESSIONS

**1-1 APPOINTMENTS** 

FOR MORE INFORMATION AND TO SPEAK TO A SPECIALIST ADVISOR PLEASE CONTACT US ON:

## 01432 383567

HLTS@HEREFORDSHIRE.GOV.UK

