

Get **FREE** help and support to **STOP SMOKING ...for good**

VIDEO CALL



FACE TO FACE



ON THE PHONE



ONLINE



GROUP SESSION



Yorkshire Smokefree provides NHS advice and support – including medication – for anyone who wants to stop smoking. So when you're ready to quit, we're ready to help.

"I have mobility problems, so having my support by phone has been great for me."

"I do so much more since I quit. Thank you to Yorkshire Smokefree for helping me – it's over 3 months since I had a cigarette!"

"I couldn't have quit without the support. The staff have a positive attitude, not lecturing. They're very understanding."

0800 612 0011

free from landlines

0330 660 1166

free from most mobiles



@YSmokefree



@yorkshire_smokefree



Search 'Yorkshire Smokefree'

www.yorkshiresmokefree.nhs.uk

If you require a copy of this information in any other format or language please contact the Trust.

**With all of us in mind.**