

# QUIT

*Supported by* Yorkshire Cancer Research



*Treating Tobacco Addiction*



The QUIT team offers specialist advice, support and highly effective treatment options for nicotine withdrawal and reducing or quitting smoking.

You are **three times** more likely to quit smoking with specialist support and stop smoking medications.

Available to both staff and patients.

## Contact us



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

With **all of us** in mind.