



# Quit Kit

**Right for you if:** you'd like a range of items to help you quit for good.

**Why you should give it a go:**



- **Over 2 million** people have used it so far



- **Proven** to increase your chances of quitting successfully



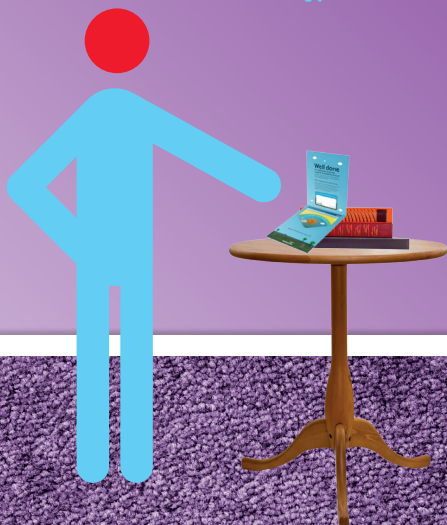
- **Practical and engaging tools** to help you step-by-step in the comfort of your own home

## Where to find it:

Go online to **nhs.uk/smokefree**  
or call **0300 123 1044**  
to order your Quit Kit

“The Quit Kit  
step-by-step calendar  
really helped me  
**focus**  
every day”

Cally, 41





# Text support

**Right for you if:** you want to have support in your pocket every step of the way.

**Why you should give it a go:**



- **Support** available any time, anywhere



- Proven to **double** your chance of quitting successfully



- **71% of smokers** who have used it say it helped them keep going

## Where to find it:

Text **TIPS** to **63818** or  
go online at **[nhs.uk/smokefree](https://nhs.uk/smokefree)**

“There was something  
**so reassuring**  
about the  
**text messages,**  
as if they were from a  
**friend”**

June, 45





# Talk to someone

**Right for you if:** you'd like face-to-face support from specially trained advisers.

**Why you should give it a go:**



- You are up to **four times more likely to stay Smokefree** with stop smoking medicines and face-to-face support



- A pharmacy is never more than **20 minutes** away.



- **9 out of 10 smokers** who've chatted to someone from their NHS Stop Smoking Service would recommend them

## **Where to find it:**

You're never far from expert advice, it's as simple as dropping into your local pharmacy. Or you can go online to find your nearest local NHS Stop Smoking Service at **[nhs.uk/smokefree](https://nhs.uk/smokefree)**

“Talking  
things through  
has given me the  
confidence  
to carry on”

Paul, 56





# Email support

**Right for you if:** you'd like a daily email to help keep you on track.

**Why you should give it a go:**

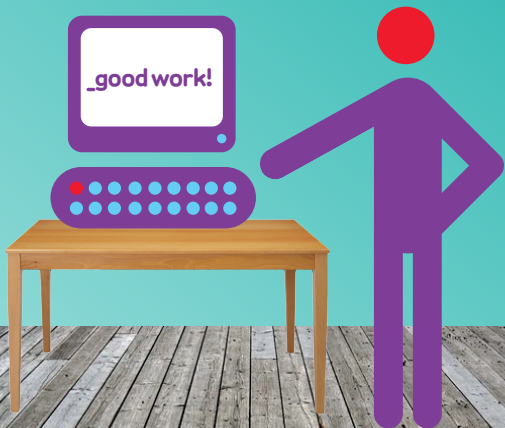
	<ul style="list-style-type: none"><li>• <b>Info and advice</b> served up straight to your inbox</li></ul>
	<ul style="list-style-type: none"><li>• <b>Relevant and useful tips</b> for quitting, delivered every day</li></ul>
	<ul style="list-style-type: none"><li>• It's our newest support tool, and already <b>over 70,000 people</b> are benefiting</li></ul>

## Where to find it:

Go online to sign up at **nhs.uk/smokefree** to find out more

“The  
**daily email**  
means I don't feel like  
I'm doing it  
on my own”

Alex, 33







# Smokefree app

**Right for you if:** you've got a smartphone\* and want support every step of the way, no matter where you are.

**Why you should give it a go:**



- **Info and advice** served up on your smartphone screen



- **Personalised motivational messages**, delivered just when you need them



- **Distractions function** – to help combat cravings when they strike

**Where to find it:**

In the **iTunes app store** or **Google Play store**

\*Available on Apple and Android only

“It’s great  
for tracking all the  
**money**  
I’ve saved”

Joan, 60



# Medicines to help you stop smoking

**Smoking cigarettes regularly over a long period of time means your body becomes dependent on nicotine.**

When you stop smoking, you can experience nicotine withdrawal symptoms like cravings, headaches, feeling irritable and having trouble sleeping. Stop smoking medicines can help you with these symptoms and help you quit smoking for good.



Stop smoking medicines are either available with a prescription, or Nicotine Replacement Therapy (including patches, lozenges and gum) can also be bought from pharmacies and other shops such as supermarkets, without a prescription.

There are three types of stop smoking medicines available. So we recommend you seek advice from your pharmacy team, GP or local NHS Stop Smoking Service to help you decide which one is right for you, particularly if you are taking any other medicines. Don't forget, you're four times more likely to quit successfully with face-to-face support and stop smoking medicines.

To find out more talk to your pharmacy team, GP or local NHS Stop Smoking Service or visit **[nhs.uk/smokefree](https://www.nhs.uk/smokefree)**

