

Free help to stop smoking



Give yourself
the best chance of stopping
for good, you're three times
as likely to Quit with us!

What we can offer you:

A supportive environment along with free effective medicine to give you the very best chance in stopping and more...

- Weekly group support sessions with a specially trained, experienced stop smoking practitioner
- One to one face to face support as needed
- Telephone and online consultations available for those unable to attend face to face support
- Help to manage cravings, manage withdrawal symptoms with FREE nicotine replacement therapy (NRT) products, vapes and prescription medicines*



Who can stop smoking with us?

- If you live or work in Southend on Sea and are aged 16 or over
- A smoker of tobacco products

What do I do now?

Tel: **0333 005 0095**

Text: **QUIT to 60777**

Email: **eh.southend@nhs.net**

Visit: **southend.everyonehealth.co.uk**

It's all
FREE!

Scan
me...



* medical suitability applies