





YOUR STOP SMOKING SERVICE



## Want to quit smoking for good?



## Quitline

Weekly consultation via telephone, text or face-to-face



## Free 12 week programme

Nicotine Replacement Therapy (NRT) with behavioural support or a free vape starter kit



## Quit with Bella app

Stop smoking Al, trained by experts who have helped thousands quit

Text - I QUIT to 66777

Call - 01264 563039 or 0800 772 3649





@SfreeHampshire



**©**SmokefreeHampshire

www.SmokefreeHampshire.co.uk



