



Time to Stop Smoking?

It is never too late to give up smoking.

For support and information on quitting, visit

<https://www.nhs.uk/smokefree>

or

<https://www.nhs.uk/oneyou/smoking>

where you will find online tips and info, a range of recommended apps, coping techniques and treatments available to help you kick the habit.

Or go to

<https://www.smokefreewestsussex.co.uk>

To find support in a GP Practice or Pharmacy
Local to You

