

**Getting off cigarettes on your own is hard : you're up to four times more likely to quit if you get NHS support : there are lots of free ways we can help / NHS Smokefree.**

### **Contributors**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

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cigarettes  
on your own  
is hard



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If you're thinking of quitting smoking, or if you've tried before, you probably know that it's not just about willpower. It's also about having a plan and getting support.

That's where your local, expert **NHS Stop Smoking Service** staff can help.

They might recommend a **Stop Smoking Group** or **1-2-1 Support**. Both offer ways to prepare for quitting and expert advice. The only difference is that you can either draw on the support of a group, or get help in a one-to-one situation.

Or you could get the support you need at home with **The Together Programme**. Based on successful tips from ex-smokers combined with medical research, it's a free service that offers information packs along with encouraging text messages, emails and phone calls.

Then there are a range of nicotine replacement treatments and non-nicotine medicines to help you control your cravings.

And the expert staff on the **NHS Smoking Helpline** can always talk you through your best options to quit for good.

Call today to find out what could work for you - and ask for your free **'Get Support' DVD**. It will give you a closer look at what's available and shows real people talking about how the support we offer made a real difference to them.

**To get your free  
'Get Support' DVD  
Call 0800 917 6699  
Or text 'Support' to 63818**

You can also watch the  
short films online at  
[www.nhs.uk/gosmokefree](http://www.nhs.uk/gosmokefree)

Return this now for your free DVD  
To get your **'Get Support' DVD** just  
complete this form, put it in an envelope  
and return it to Smokefree, FREEPOST,  
NAT 7954, Gerald Cross, SL9 0BT

Title \_\_\_\_\_

First name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_