



**STOP  
SMOKING  
LONDON**

# EVERYONE'S JOURNEY TO GIVING UP IS DIFFERENT.

## WE'RE HERE TO HELP YOU GET THERE.

Combine behavioural support with nicotine replacement products like patches, gum, or vaping to triple your chances of quitting successfully!

Contact your local service or call and ask about the free 8 week Stop Smoking London telephone support programme.

**FREE SMOKING HELPLINE: 0300 123 1044  
VISIT [WWW.STOPSMOKINGLONDON.COM](http://WWW.STOPSMOKINGLONDON.COM) FOR ADVICE,  
TOOLS AND LOCAL SUPPORT.**