

SMOKING CESSATION SUPPORT

If you want to give up smoking, there are many smoking cessation methods to choose from, see below. Most important of all is to find the support you need.

If you live in

Blackpool: Contact [Smokefree Blackpool](#) on the free Help-Line: 0808 1964324 to speak to a trained advisor

Lancashire: Contact the [Quit Squad](#) on 0800 328 6297 to speak to a trained advisor.



For everyone, download the free NHS [Smokefree app](#) to help you quit smoking and start breathing easier.



The app allows you to:

- Track your progress
- See how much you're saving
- Get daily support

For more support visit: www.nhs.uk/better-health/quit-smoking

