

**You are 4 times
more likely to quit
smoking for good
with support**



Smokefree Somerset is your free local stop-smoking service which is provided by Somerset's Public Health team.



Smokefree Somerset offers support to individuals seeking to change their smoking habits and behaviours.

Our Stop Smoking Practitioners can suggest and provide licensed

medications, as well as approved products like vapes, to make quitting smoking easier.

Free support available:

- Group or 1-2-1 support from a qualified Stop Smoking Practitioner
- Individual phone support
- Digital support
- Guidance and encouragement for changing smoking habits
- Stop smoking medications / vapes

Scan the QR code to book an appointment online or visit service.somerset.gov.uk/book-an-appointment-with-smokefree-somerset

 **01823 356222**

 **smokefree@somerset.gov.uk**



If you spend time in hospital a member of the hospital team will support you to quit whilst you're there.



2

out of

3

smokers die younger than they should from smoking.

It's never too late to **give up** and most smokers have tried to quit many times before.

Contact our friendly team to find the best solution, for you to quit smoking for good.



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For more information,
scan the QR code or visit:

 **www.smokefreesomerset.org.uk**



Somerset
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