

Now is the best time to quit

Stopping smoking is one of the best things you can do to improve your health. It's never too late to quit.

smokefreenorfolk.co.uk | 0800 0854 113



Free evidence-based quit support

Quit smoking for good.

You are up to three times more likely to succeed with specialist support.

However long you have smoked for and whatever your circumstances, Smokefree Norfolk can provide support for your quit attempt.

Our service includes:

- Personalised support from a specialist Stop Smoking Coach
- Help to set a quit date, get started and keep going
- Progress tracking
- Access to community support and apps
- A free course of Nicotine Replacement Therapy (NRT) products
- A free vape starter kit
- An invitation for friends/family to join sessions to support you
- Support to address challenges, such as if you lapse



How it works

Choose the support that's right for you:

1

One-to-one sessions with a specialist Stop Smoking Coach

Nine 30-minute individual sessions delivered over 12 weeks.

You can choose whether you would like your sessions in person, by video call or by telephone call.

2

Group sessions with a specialist Stop Smoking Coach

Seven 90-minute workshops.

This option provides a great opportunity to learn and practise evidenced-based behavioural change techniques with others who are quitting.

Flexible sessions can be discussed.

Get started now

Find out more at
smokefreenorfolk.co.uk

You can also call us on
0800 169 4219



