

QUIT TOGETHER

**JOIN HUNDREDS OF
OTHERS WHO WILL STOP
SMOKING TODAY.**

**Quitting smoking at any time is a
great time. It protects us, our
children, our parents, our
grandparents, our closest friends.
It saves lives.**

**Most smokers want to quit.
Sometimes, someone or
something makes us realise now
is the time to commit to a quit.**

www.quittogether.co.uk

#QuitTogether

QUIT WITH SUPPORT

**You are 3 times more likely
to quit with medicine and
support from your local Stop
Smoking Service.**

**Friendly help and support is
still available:**

**North East Lincolnshire Council
Wellbeing Service**

Email: wellbeingservice@nelincs.gov.uk
Telephone: **01472 325500**

**North Lincolnshire Healthy
Lifestyle Service**

Email: nlc.healthy lifestyles@nhs.net
Telephone: **01724 298212**

**East Riding of Yorkshire
Health Trainers**

Email: HNF-TR.healthtrainers@nhs.net
Telephone: **0800 9177752**
Text QUIT to **60163**

**For more information about
stopping smoking, visit:**

www.quittogether.co.uk