**Quit Together – Social Media Supporters Pack**

**Ethos: positive, supportive, empowering**

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| **Graphic for post (NOTE – remember to use graphics from the relevant folder when posting on Twitter, Facebook or Instagram)** | **Twitter and Instagram post content**  **(feel free to personalise)** | **Facebook post content**  **(feel free to personalise)** |
| A picture containing drawing  Description automatically generated | Join hundreds of others who will stop smoking today.  [www.quittogether.co.uk](http://www.quittogether.co.uk)  #QuitTogether | Join hundreds of others who will stop smoking today.  [www.quittogether.co.uk](http://www.quittogether.co.uk) |
| A picture containing food, drawing, parked  Description automatically generated | 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.  [www.quittogether.co.uk](http://www.quittogether.co.uk)/help-available | 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.  [www.quittogether.co.uk/help-available](http://www.quittogether.co.uk/help-available) |
| A picture containing drawing, food  Description automatically generated | Support a loved one to quit or quit for someone you love.  [www.quittogether.co.uk/quit-together](http://www.quittogether.co.uk/quit-together)  #QuitTogether | Support a loved one to quit or quit for someone you love.  [www.quittogether.co.uk/quit-together](http://www.quittogether.co.uk/quit-together) |
| A picture containing red, drawing, parked  Description automatically generated | Telling a friend, a family member, a neighbour that you will help them quit smoking could be the thing that helps them to start.  [www.quittogether.co.uk/quit-together](http://www.quittogether.co.uk/quit-together)  #QuitTogether | Telling a friend, a family member, a neighbour that you will help them quit smoking could be the thing that helps them to start.  [www.quittogether.co.uk/quit-together](http://www.quittogether.co.uk/quit-together) |
| A picture containing food, drawing  Description automatically generated | Children smoke because adults smoke. You stop, they won’t start.  [www.quittogether.co.uk](http://www.quittogether.co.uk/)  #QuitTogether | Children smoke because adults smoke. You stop, they won’t start.  [www.quittogether.co.uk](http://www.quittogether.co.uk/) |
| A picture containing drawing, food  Description automatically generated | \*Tweet as a thread\*  1)Join hundreds of others who will stop smoking today.  [www.quittogether.co.uk](http://www.quittogether.co.uk)  #QuitTogether  **2) North Lincs** Contact: nlc.healthylifestyles@nhs.net  or 01724 298212  3) **NE Lincs** Contact:  [wellbeingservice@nelincs.gov.uk](mailto:wellbeingservice@nelincs.gov.uk) or 01472 325500  4) **East Riding** Text QUIT to 60163.  Contact: [HNF-TR.healthtrainers@nhs.net](mailto:HNF-TR.healthtrainers@nhs.net) or 0800 9177752 | Join hundreds of others who will stop smoking today.  [www.quittogether.co.uk](http://www.quittogether.co.uk)  **North Lincs** Contact: nlc.healthylifestyles@nhs.net  or 01724 298212  3) **NE Lincs** Contact:  [wellbeingservice@nelincs.gov.uk](mailto:wellbeingservice@nelincs.gov.uk) or 01472 325500. Message **@LiveWellNEL**  **East Riding** Text QUIT to 60163.  Contact: [HNF-TR.healthtrainers@nhs.net](mailto:HNF-TR.healthtrainers@nhs.net) or 0800 9177752 |
| A picture containing drawing  Description automatically generated | A smokefree home protects your family.  Harmful chemicals in tobacco smoke creep from room to room, waiting for your child to breathe them in. However, evidence suggests **e-**cigarettes are 95% less harmful with no evidence of harm to bystanders.  [www.quittogether.co.uk/protect-others](http://www.quittogether.co.uk/protect-others)  #QuitTogether | A smokefree home protects your family.  Harmful chemicals in tobacco smoke creep from room to room, waiting for your child to breathe them in. However, evidence suggestse-cigarettes are 95% less harmful with no evidence of harm to bystanders.  [www.quittogether.co.uk/protect-others](http://www.quittogether.co.uk/protect-others) |
| A picture containing food, drawing  Description automatically generated | Quitting smoking with the support of friends, family and your neighbours can be the encouragement one person needs to stop.  [www.quittogether.co.uk](http://www.quittogether.co.uk/)  #QuitTogether | Quitting smoking with the support of friends, family and your neighbours can be the encouragement one person needs to stop.  [www.quittogether.co.uk](http://www.quittogether.co.uk/quit-together/) |
| A picture containing drawing  Description automatically generated | High Five to everyone who’s currently quitting smokers or those who helping other to  [www.quittogether.co.uk/quit-together](http://www.quittogether.co.uk/quit-together)  #QuitTogether | High Five to everyone who’s currently quitting smokers or those who helping other to  [www.quittogether.co.uk/quit-together](http://www.quittogether.co.uk/quit-together) |
| A picture containing food  Description automatically generated | 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.  [www.quittogether.co.uk](http://www.quittogether.co.uk)/help-available  Contact: nlc.healthylifestyles@nhs.net  or 01724 298212 | 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.  [www.quittogether.co.uk](http://www.quittogether.co.uk)/help-available  Contact: nlc.healthylifestyles@nhs.net  or 01724 298212 |
| A close up of a sign  Description automatically generated | 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.  [www.quittogether.co.uk](http://www.quittogether.co.uk)/help-available  Contact:  [wellbeingservice@nelincs.gov.uk](mailto:wellbeingservice@nelincs.gov.uk) or 01472 325500 | 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.  [www.quittogether.co.uk](http://www.quittogether.co.uk)/help-available  Contact:  [wellbeingservice@nelincs.gov.uk](mailto:wellbeingservice@nelincs.gov.uk) or 01472 325500. Message **@LiveWellNEL** |
| A close up of a sign  Description automatically generated | 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.  [www.quittogether.co.uk](http://www.quittogether.co.uk)/help-available  Text QUIT to 60163  Contact: [HNF-TR.healthtrainers@nhs.net](mailto:HNF-TR.healthtrainers@nhs.net) or 0800 9177752 | 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.  [www.quittogether.co.uk](http://www.quittogether.co.uk)/help-available  Text QUIT to 60163  Contact: [HNF-TR.healthtrainers@nhs.net](mailto:HNF-TR.healthtrainers@nhs.net) or 0800 9177752 |
|  |  | **[*example]***  Ashley from Scunthorpe, an Occupational Therapy Assistant for RDaSH is supporting smokers trying to quit.  To support those quitting ***@*Northern Lincolnshire and Goole NHS Foundation Trust** is asking you to share ‘feel good’ photos and videos to show you are behind those wanting to quit. Tag them into your post to appear on the website [www.quittogether.co.uk/quit-together](http://www.quittogether.co.uk/quit-together) |