

Get **FREE** help and support to **STOP SMOKING** ...for good

VIDEO CALL



FACE TO FACE



ON THE PHONE



ONLINE



GROUP SESSION



Yorkshire Smokefree provides NHS advice and support – including medication – for anyone who wants to stop smoking. So when you're ready to quit, we're ready to help.

0800 612 0011

free from landlines

0330 660 1166

free from most mobiles



@YSmokefree



@yorkshire_smokefree



Search 'Yorkshire Smokefree'

www.yorkshiresmokefree.nhs.uk

If you require a copy of this information in any other format or language please contact the Trust.



With **all of us** in mind.