



What's available?

Stoptober

Stoptober begins on 1st October, so why not get involved in the 28-day stop smoking challenge.

Stopping smoking is the best thing you can do for your own health, and the health of people around you. You'll start seeing the benefits immediately, not just for your health but also your finances.

Scan the QR code to learn the benefits of stopping smoking and more about Stoptober.



Scan or search
'Stoptober'

NHS Quit Smoking App

Stopping smoking is one of the best things you will ever do for your health.

When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately.

It's never too late to quit, and the NHS Quit Smoking app can support you on your journey!

Download from the [App Store](#) or [Google Play Store](#) today.



Scan or search
'Stop Smoking ABL'

A Better Life Support

Want to quit smoking? ABL Health offer smoking cessation services tailored to meet your needs.

Their personalised support for all clients (from 12+) has resulted in their services being in the top 10 in the country, with high quit rates.



Scan or search 'NHS
Stop Smoking Plan'

NHS Quit Plan

Quitting smoking is easier with the right support.

Give up for 28 days, and you're 5 times more likely to quit for good – get your free personalised NHS plan now.



Scan or search 'NHS
Ways to Quit Smoking'

Ways to Quit Smoking

Many people try to quit smoking with willpower alone, but it's much easier to go smoke-free with the right help.

There are lots of support options available, try a combination that works for you. Scan the QR code for more information.

