

Hampshire, get free support to quit smoking for good

Access free stop smoking products such as vapes and nicotine replacement therapy [NRT], plus expert one to one or group support from our understanding mentors.



You are three times more likely to stop smoking with our support



“Fantastic. My breathing is a lot better, I can taste my food more and I’ve saved a lot of money”

Dawn, 57

☎ 01264 563039 ✉ hello@smokefreehampshire.org.uk 🌐 smokefreehampshire.co.uk

**At The Link every Wednesday morning.
Contact Smokefree to book.**



Hampshire
County Council