Stoptober

Stoptober is a 28-day stop smoking challenge. It runs from 1st to 31st October every year calling on smokers in England to join the 2.3 million others who have quit smoking. Stoptober has a range of free quitting tools including:

- the NHS Quit Smoking app
- Facebook messenger bot
- Stoptober Facebook online communities
- daily emails and text messages
- an online Personal Quit Plan to help you find a combination of support that's right for you, including expert support from local Stop Smoking Services and stop smoking aids

Last updated: September 23, 2021

Website: https://www.nhs.uk/better-health/quit-smoking/

Helpline: 0300 123 1044

Free National Smokefree Helpline (England only). Talk to a trained adviser for advice and support.
Website 2: https://stoptober.smokefree.nhs.uk/

Facebook: https://www.facebook.com/groups/707621863012993/?source_id=162994267161135

Opening Hours: Online and app available 24 hours a day, 7 days a week
National Telephone Helpline :Monday to Friday: 9am to 8pm Saturday and Sunday: 11am to 4pm

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