

## 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

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**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](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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## Related Articles

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