

Quit Smoking NHS

Quit Smoking is the NHS service which helps people to stop smoking. They offer the following services:

- NHS Quit Smoking App – the app allows you to get daily support, track your progress and track how much money you are saving.
- Quit kits available through the NHS website
- Text, phone, and face-to-face guidance

Last updated: October 21, 2022

Telephone: 0300 123 1044

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

Helpline: 0800 022 4 332

Twitter: <https://twitter.com/nhssmokefree>

Facebook: <https://www.facebook.com/NHSSmokefree>

Youtube: <http://www.youtube.com/user/smokefreevideos>

Cost: Free

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