smokefree Liverpool

STOP SMOKING TODAY »»

Receive up to 12 weeks of Stop Smoking medications and get **FREE** help and support, either over the telephone, online or face-to-face.

Please call 0151 374 2535 Text QUIT1 to 61825*
Visit www.smokefreeliverpool.co.uk

Facebook , Tweet or Instagram us along your Smokefree journey
Search 'Smokefree Liverpool Service'

chcp | Liverpool City Council | NHS

*normal network charges may apply

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THE NITTY GRITTY

Feel healthier

No matter how many years you've smoked, quitting does improve current and future health and wellbeing.

Save money

Quitting smoking leads to a richer life in more ways than one. If you smoke 20 a day, you could save around £378 a month. That's just under £5000 per year.

Take control

Cigarettes don't have to control your life. Protect your loved ones from harmful second-hand smoke and reduce their risk of developing smoke related illnesses.

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