

# AND THERE'S MORE



## STOPTOBER APP

Right for you if you want support at your fingertips.

- See how much money you're saving with the savings calculator.
- Get tips to help you combat cravings.

Search **Stoptober** in the iTunes app store or Google Play Store.



## SOCIAL MEDIA

Right for you if you're always checking your social feeds.

- Swap tips with others who are quitting.
- Support and advice on Facebook Messenger at any time of the day.



/stoptober



@stoptober



## EMAIL

Right for you if you'd like to stay focused with daily information and motivational support.

Search **Stoptober** to sign up.



Public Health  
England

# GIVE QUITTING

# A GO THIS STOPTOBER

Stop smoking for **28 days** and join thousands of others doing the same this October.

**STOP TOBER**

BECAUSE THERE'S ONLY  
**ONE YOU**

STOP19-02  
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BECAUSE THERE'S ONLY  
**ONE YOU**

# PREPARING FOR YOUR QUIT ATTEMPT

Quitting smoking is one of the best things you can do for your health but many smokers who want to quit aren't sure about the best way to go about it. Relying on willpower alone is the least effective way to stop. You can boost your chance of success by getting some support. Choose the support that's right for you and join thousand of others to stop smoking this October.

**Search Stoptober** for more support to help you quit smoking.

# STOPTOBER SUPPORT



## FACE-TO-FACE

You could benefit from talking to a trained advisor and give yourself the best chance of quitting successfully.

- Expert support that's matched to your specific needs.
- Local and accessible.

Ask your pharmacy team or speak to your doctor or nurse. You can also **search Stoptober** to find your local Stop Smoking Service.



## STOP SMOKING AIDS

Stop smoking aids can help with managing nicotine cravings. You can mix and match different aids to meet your needs.

- Nicotine replacement therapy products can be purchased over the counter at your local pharmacy. They are most effective when used in combination – an all-day patch together with a fast-acting option such as an inhaler or lozenges. Ask your pharmacist for advice.
- E-cigarettes are available in vape shops, some pharmacies and other outlets. E-cigarettes aren't risk free but they are at least 95% less harmful than cigarettes. They can be particularly effective when combined with face-to-face support.
- Some stop smoking medicines are only available on prescription. Talk to your GP or stop smoking advisor to find out more.

**Search Stoptober** for more information and advice on stop smoking aids.

