



Public Health
England

HOW WILL YOU QUIT THIS STOPTOBER?

There's lots of support available,
so **talk to your local Stop
Smoking Service.**



facebook.com/livewellnel



[@livewellnel](https://twitter.com/livewellnel)



Text "stop17" to 60060

STOP TOBER

Live Well
Wellbeing Service

BECAUSE THERE'S ONLY
ONE YOU