

# WHY USE WIRRAL LOCAL STOP SMOKING SERVICE ?

## STOP SMOKING SERVICES WORK!

**x4**

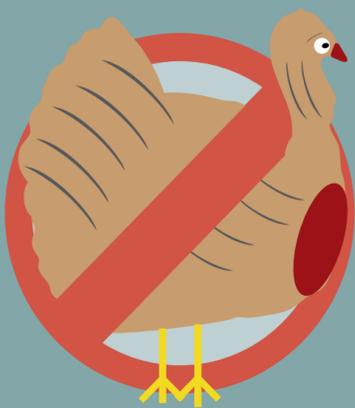
You are four times more likely to quit if you use a local stop smoking service



Get free, expert one-to-one support and advice from a friendly healthcare professional



Access a range of medication and quitting aids available on prescription



Going 'cold-turkey' with no specialist support is the least effective way of quitting smoking



Nine out of ten people would recommend the service to a friend or relative



Even if you don't succeed the first time you can always go back and get help with a smile

## FIVE SIMPLE STEPS TO QUITTING IN 2016

**1**

Contact your local stop smoking service to set up a meeting

**2**

Set a quit date that is realistic

**3**

Tell family and friends you plan to quit and get their support

**4**

Plan for challenges. Think about how to manage triggers

**5**

Remove cigarettes, other tobacco, lighters and ash trays from the house

## GET IN TOUCH FOR FREE SUPPORT



CALL 0151 541 5656  
TEXT ABL TO 60777

