

# Free support to help you stop smoking

Over 80% of cigarette smoke is invisible. Quitting is the best thing you can do to protect you and your family.

Available to mums, dads, carers, in fact anyone living with a child under the age of 19 in Worcestershire.

Quit and stay on track with:

- Free Nicotine Replacement Therapy (NRT)
- Rechargeable vapes (for anyone over age of 18)
- 1:1 support or family sessions with a trained advisor

Scan QR code for more information:



## Smoke Free Homes Service

[www.startingwellworcs.nhs.uk/smoke-free-homes](http://www.startingwellworcs.nhs.uk/smoke-free-homes)