



**QUIT FOR  
COVID**

**SUPPORT AVAILABLE TO  
HELP YOU QUIT SMOKING**

**8** WEEKS  
**FREE**  
SUPPORT

**FREE  
NRT!**

**SIGN THE SMOKEFREE PLEDGE HERE**  
[www.nhs-health-trainers.co.uk/smokefree](http://www.nhs-health-trainers.co.uk/smokefree)

TEXT **QUIT** TO **60163**

CALL US **0800 917752**

**#QUITFORCOVID**