



**REMOTE
Stop Smoking
Support
Service**

Most Smokers Want to Stop. We can help:

- Build your confidence in overcoming the fear of quitting
- Break your smoking habits and gain new healthier ones
- Manage your cravings with FREE patches, gum etc.
- Facebook support group:
www.facebook.com/groups/stopsmokingsupportNI
- Voicemail Service: **028 90680 785**

This service is **FREE & confidential**

If you would like more information about Stop Smoking Support Services please contact:

Cancer Focus Northern Ireland

T: 028 9066 3281 E: behealthy@cancerfocusni.org

or visit

www.cancerfocusni.org

www.stopsmokingni.info



Celebrating over 50 years

