



"Great for encouragement to stop. So handy having NRT posted to my door in lockdown!"

COVID-19 UPDATE

The Smokefree Hampshire team are working remotely and flexibly to continue to offer **virtual** and **telephone** support to those who wish to stop smoking during this time.

Our team are here to support you with **free expert advice** and **guidance** on quitting smoking at a time **convenient** for you.

We are able to develop a **quit plan** and offer **advice** on the best **stop smoking aids** and can provide a **direct supply** of either:

- **Nicotine replacement therapy**
- **E-cigarette voucher**
- **Champix letter of recommendation**

Why quit for COVID-19?



- **Protect your immune system**
- **Recover faster**
- Become **less likely** to have a **serious illness**

Contact us...

 **01264 563 039** or **0800 772 3649**

SMS text **QUIT** to **66777**

 [**www.smokefreehampshire.co.uk**](http://www.smokefreehampshire.co.uk)