






YOUR STOP SMOKING SERVICE

## Your free and confidential stop smoking service

We're here to help you. We understand  
that different types of support work for  
different people.

-  **WEB** - Visit our website for information & advice
-  **TALK** - Call, text or email a Stop Smoking Advisor
-  **MEET** - Arrange to meet an Advisor by phone or web

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

01264 563039 | 0800 772 3649 | Text **QUIT 66777**

[smokefree.hampshire@nhs.net](mailto:smokefree.hampshire@nhs.net)



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Hampshire  
County Council