

Commit To Quit by
contacting us:



0808 196 2638



Smokefree.lancs@cgl.org.uk



www.smokefreelancashire.org.uk



@lancshiresmokefree



@smokefreelancashire



@smokefreelancs

Smokefree Lancashire

Registered office:

3rd Floor, Tower Point,
44 North Road, Brighton, BN1 1YR.

Registered Charity Number:

1079327 (England and Wales)
and SC039861 (Scotland).

Company Registration Number:

3861209 (England and Wales).

Smokefree
Lancashire

Commit to Quit

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Lancashire

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Do you or someone you
know want to quit smoking?

We Can Help

Free
friendly, flexible
advice and support
for anyone aged 12
and over in
Lancashire

You are 3 times more likely
to quit with our support



We're Smokefree Lancashire...

If you or someone you know wants to quit smoking for good... **we can help.**



We understand that everyone's journey to quitting will be different.

What We Offer:

- Advice and information about smoking
- A personalised plan for quitting
- A Stop Smoking Advisor to provide one-to-one support
- Stop smoking products, where appropriate, like nicotine patches, mouth spray, gum, lozenges and vapes (for over 18s only)
- Appointments available over the phone or in person
- Advice on coping with cravings, triggers and staying motivated
- Promoting the benefits of giving up smoking Help to understand the potential cost savings to be made when quitting smoking
- Specialist Young Person's Service
- Morning, afternoon, evening and weekend services are available

Please note that these services are not available in Blackpool and Blackburn with Darwen.

Prescription charges may apply, depending on individual circumstances.