



oneyouplymouth



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SWAP TO STOP

YOUR LOCAL WELLBEING TEAM OFFER QUIT SMOKING SUPPORT IN PREGNANCY:

1 to 1 phone appointments with a Health Improvement Practitioner.

Free Nicotine Replacement Therapy (NRT) products to help you quit. We can send a voucher to a pharmacy of your choice.

Motivational support to help keep you quit - what works for you.

Stop smoking support for your partner, friend or any family member who wishes to quit with you.

Support and advice if you want to vape. From 1 July free vapes are also available for pregnant smokers.

Call on **01752 437177** or self-refer via email at oneyou.plymouth@nhs.net
Find more information at www.oneyouplymouth.co.uk

We look forward to helping **YOU** and **YOUR FAMILY** to become smoke free.

ONE YOU PLYMOUTH