

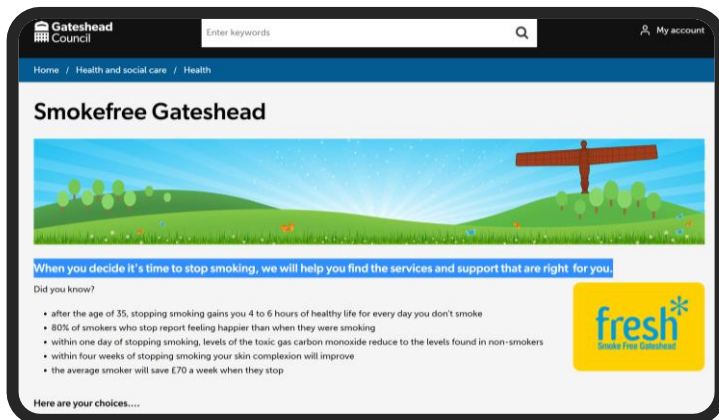
Smokefree Gateshead



Quitting smoking can be tough but when you decide it's time to stop smoking, Smokefree Gateshead will help you find the services and support that are right for you.

ASK

Do you currently smoke?
Have you ever thought about making a quit attempt? Do you know someone who might want help to quit smoking?



ASSIST

Smokefree Gateshead can help find the right support and services to support you through your quit attempt. This could be support from a stop smoking specialist or tips to quit to stop smoking on your own.

ACT

For more information please visit:

www.gateshead.gov.uk/SmokefreeGateshead

If you would like to talk with someone about your options, you can

Email: smokefree@gateshead.gov.uk

Call: 0191 433 3058

Smokefree Gateshead



How have you been feeling lately?

I have been trying to quit smoking but finding it really difficult.



ASK



Quitting smoking can be hard. Have you spoken to a stop smoking specialist?



ASSIST



By working with a stop smoking specialist your chances of stopping smoking will increase by 300%. They will provide you with free expert advice and guidance.



ACT



If you would like to talk with someone about your options, you can email smokefree@gateshead.gov.uk Or call 0191 433 3058 or visit their website for more information

