Free Support to **Stop Smoking** in **Merton**

Give yourself the best chance of stopping for good, you're three times as likely to Quit with us*!

What we can offer you*:

Quitting isn't easy, but you don't have to do it alone.
Our free 12-week support programme includes:

- One-on-one support: Weekly phone or face-to-face sessions with a stop-smoking practitioner
- Group support: Weekly face-to-face sessions with friendly group support, led by a stop-smoking practitioner
- Free nicotine replacement therapy (NRT): Helps with cravings and withdrawal

What do I do now?

Scan me...

Tel: **0333 005 0095**

Email: **eh.merton@nhs.net**

Visit: **merton.everyonehealth.co.uk**

It's all **FREE**

*Source: National Centre for Smoking Cessation and Training (NCSCT) June 2025. We offer support to anyone aged 12+ who lives, works or is registered at a GP in Merton. Our services are free, however eligibility criteria and medical suitability apply. Please contact us for details to see how we can help you.

LONDON BOROUGH OF MERTON

everyonehealth
because everyone matters