Do you want to stop smoking? We can help

Smokefree Shropshire
Healthy Lives Stop Smoking Service

Quitting smoking is one of the best things you can do for your health. It's never too late to quit. Our Healthy Lives Stop Smoking Service is free and confidential. We can help you to quit.

Benefits
• One-to-one appointments with a friendly advisor for 3 months
• Help with changing your smoking habits and managing cravings
• Guidance and support to quit successfully
• Regular carbon monoxide readings to track your progress

How to start?
Scan the QR code or visit
www.shropshire.gov.uk/stopsmoking
to book an appointment.

Call 0345 6789 028 (Mon-Fri, 9am-3pm) if you need help with booking.

Shropshire Council