

SMOKEFREE ST>RTS

DONCASTER

STOPPING SMOKING STARTS HERE



**You are more likely to quit
smoking for good with support
from a stop smoking service.**

Together, we can identify a plan and
stop smoking tools that work for you.



The support available includes:

- Personalised quit plans
- Free nicotine replacement therapy
- Vape starter kits
- In-person or virtual check-ins
- Online group sessions

We offer ongoing support during your stop smoking journey. We will set your quit date and celebrate your achievements to keep you on track.

Find your local service:



doncaster.yorkshiresmokefree.nhs.uk

0800 612 0011 (free from landline)

0330 660 1166 (free from landline)

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