

VAPE NEWSLETTER - STOPTOBER

smokefree
HAMPSHIRE
YOUR STOP SMOKING SERVICE

Better Health
LET'S DO THIS

NHS

QUIT SMOKING
AND BREATHE

For support, search Stoptober

What is Stoptober?

Stoptober is back for 2020, with the primary aim of encouraging the nation's smokers to make a quit attempt for the month of October and beyond. As with previous Stoptober campaigns, this year's campaign is founded on the evidence that if a smoker can quit for 28 days, they are five times more likely to quit for good.

How you can help

Refer customers to Smokefree Hampshire by:

Calling us on:
01264 563039 or
0800 772 3649



Customers can text
'QUIT' to 66777

Online referral form:
www.smokefreehampshire.co.uk

Emailing us:
smokefree.hampshire@nhs.net

 @SFreeHampshire

 @SFreeHampshire

Advertising

It's a great time to promote stoptober with the materials supplied to you. You could do this via:

- posters instore
- sharing success stories
- all the above via facebook & twitter

Don't forget to tag us in your posts! You can find our social media accounts in the how you can help section.

If you need any further resources please contact:

Chris McMahon

chris.mcmahon@solutions4health.co.uk

Saima Akram

saima.akram@solutions4health.co.uk

