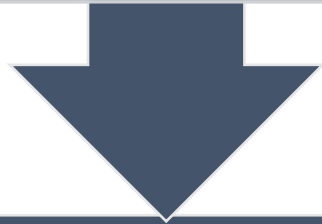


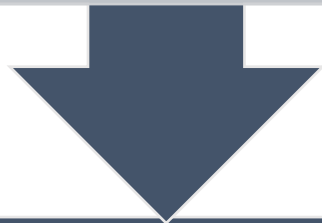
ASK

"Do you currently smoke tobacco?"



ADVISE

"Do you know you're 4 times more likely to have a successful quit attempt using NRT **and** seeing a smoking support advisor"



ACT

Provide referral details: Visit your local **Pharmacy** and ask for smoking cessation support OR call NHSG **Healthline** on 08085 20 20 30 and speak to an advisor. Both are 12 week support programmes offering **FREE** NRT and behavioural support.