

Quit Smoking with **FREE Support for STAFF**

Don't miss out on this free offer – save money
and improve your health and wellbeing.



An advisor in
your pocket
providing expert
support anytime
and anywhere.

This offer is for you if you smoke tobacco and work in the **NHS or in Social Care (including Voluntary Sector) in the North East and North Cumbria.**

Here to help you with:

- ✓ **FREE** 24/7 digital support from LIVE advisors with **Smoke Free**
- ✓ **FREE** Nicotine replacement therapy products like patches and inhalators
- ✓ **FREE** Nicotine vape kit, replacement pods and liquids

Don't wait. Get support with Smoke Free and begin your quit journey today.

Scan the QR code to get started



Please note, a work email address is needed for sign up. This offer is provided by the North East and North Cumbria ICS Work Well programme

If you smoke tobacco, quitting is the best thing you can do and the benefits of stopping smoking can be noticed immediately:

- The lungs and body start to repair from the moment you quit
- After 20 minutes your heart rate returns to normal
- Within 48 hours your body clears out poisonous carbon monoxide
- Within weeks you'll be breathing easier and able to do more, and with quit aids your cravings should start to disappear
- After 3-9 months any coughs, wheezing or breathing problems will be improving as your lung function increases
- After 1 year your risk of a heart attack has halved

