





# Every Step Toward Quitting is a Step Toward Better Health!

 Specialist Stop Tobacco Support 


**For Brent residents aged 18+**

**You may be eligible for specialist help if you:**

-  Are pregnant or live with someone who is
-  Smoke shisha or chew tobacco
-  Receive **mental health support** (e.g. CBT, counselling)
-  Get **support for drug or alcohol use**

## Support for Everyone

Even if you're not eligible for specialist support, help is still available — for free!

 **Stop Smoking Helpline**



Or call:  
**0300 123 1044**

 **Smokefree App**



Scan or click the  
QR code for  
London support

- ✓ Free for Brent residents
- ✓ 24/7 coaching & motivation
- ✓ Up to 12 weeks of vape or NRT support