

NHS Quit Smoking App



An **app** is a computer programme for your phone, tablet or computer.



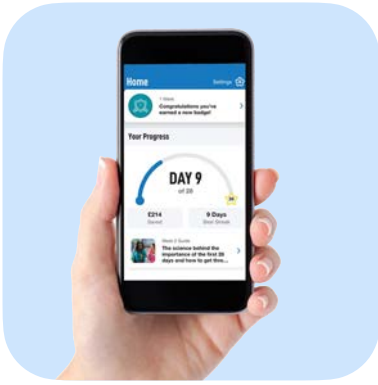
You can get the free NHS Quit Smoking app.



The app helps you to:

- Get daily tips and support about how to quit smoking.
- Keep away from the things that make you want to smoke.





- Keep a record of how well you are doing.



- See how much money you are saving.



- Choose a Quit Buddy so you can quit smoking together.