



STOP SMOKING AND GOOD THINGS HAPPEN

Join the thousands of smokers committing to quitting this October

Useful weblinks if you need support



**NHS
Quit Smoking
Support &
Stoptober
Campaign**



**Stop
Smoking
Aids**



**Stoptober
Facebook
Support
group**



**Personal
Quit Plan**



**Cemex
Employee
Assistant
Portal**



National Helpline: The NHS Smokefree helpline offers free advice and support from trained advisors. Call 0300 123 1044