



## Essex Working Well Stop Smoking Support

As part of our partnership with Essex Working Well, we are thrilled to be able to promote a new fast-track NHS Stop Smoking Support programme for colleagues who wish to become smokefree.



If you feel you are ready to quit smoking, or want to cut back by switching to a vape or using other NRT products, you can self-refer to a trained NHS Stop Smoking Advisor, who can discuss the options and provide the following support:

- **Cut Back to Stop** – FREE Vape Starter Kit and 12-week support from a member of the Essex Working Well Stop Smoking Service
- **Full Stop Smoking Support** – you can access 1:1 support and a range of stop smoking aids i.e. NRT products, oral products and the Alan Carr's Easy Way (a CBT programme)



To refer today and take the first step to being smokefree, please scan the QR Code and a member of the team will contact you.

The programme consists of weekly 1:1 telephone support, at a time that suits you.