

Are you ready to quit smoking?

Barnet's STOP Smoking Service

We're here to help you every step of the way.

Tailored behavioural support and stop smoking products to meet your needs.

Stopping smoking is the single best thing you can do for your health.

It's also proven to:

- ✓ Boost your mental health and improve your wellbeing by relieving stress, anxiety and depression.
- ✓ Reduce the risk of many different illnesses, conditions, and premature death.
- ✓ Help you save hundreds of pounds each month (est £288 per month)

Contact us today to start your journey to becoming smoke-free!

Scan the QR code or visit
yourhealthbarnet.org/stopsmoking

Email us:
Smokingcessation@barnet.gov.uk

Stop Smoking Group
Tuesday 28 April (11.00am - 12.30pm)
Every Tuesday for 6 weeks
The Everglade Medical Practice, Grahame Park Health Centre, NW9-5XT
For smokers aged 16 and over
Access to:
• Free vapes and Stop smoking medications
• Behavioural support
• Weekly Carbon Monoxide Readings
• A supportive, non-judgemental space
E-mail: smokingcessation@barnet.gov.uk
(include your GP practice and postcode)

Caring for **people**, our **places** and the **planet**

Your Health Barnet

Smoke Free

BARNET LONDON BOROUGH