



# Everyone's journey to giving up is different

**We're here to help you get there.  
No matter what it takes.**

Combine behavioural support with nicotine replacement products like patches, gum or vaping to triple your chances of quitting successfully.

Contact your local stop smoking service or download the Smoke Free App from our website.

**Get advice, tools and local support at:  
[smokefreedevon.org.uk](http://smokefreedevon.org.uk)**