

# We are quitting with Quit Well Newham

Free support for all residents aged 12+ and people working in Newham Council to quit smoking.

Did you know you're 4 times more likely to quit with support from Quit Well Newham? We provide expert advice and support, together with nicotine replacement therapy (NRT) and offer regulated vapes to stop smoking.

Contact Quit Well Newham  
**Monday to Friday 8:30am - 5:30pm.**

Call: **0207 882 8230**

Text and WhatsApp: **0747 408 2330**

For more information on Quit Well Newham and community pharmacies offering stop smoking support visit [www.wellnewham.org.uk/advice/stop-smoking](http://www.wellnewham.org.uk/advice/stop-smoking)

