

THINKING ABOUT STOPPING SMOKING?

**FEEL
GOOD!**

With Feel Good Suffolk

It's one of the best
things you can do for your
health and bank balance!

You're **3** times more likely to
stop smoking with Feel Good
Suffolk **FREE** support

When you're ready
to quit smoking,
Feel Good Suffolk
is ready to help

scan here



FREE STOP SMOKING TOOLS

Our stop smoking advisors provide personalised support one-to-one or in a group, by the phone or in person



Prescription
-only medicines
(tablets)

Vapes
(e-cigarettes)



Nicotine
replacement
therapies (NRT)
e.g. patches,
sprays, and
gum



Allen Carr's
Easyway
seminars



Smoke
Free App

scan here



www.feelgoodsuffolk.co.uk

Email: feelgoodsuffolk@suffolk.gov.uk Call: 0345 603 4060