

# Stop smoking with Quit Well Newham

Free support to quit smoking. Available to residents aged 12+ and Newham Council staff.



Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. It can be difficult to stop smoking, but it's never too late to quit'

Quit Well Newham provide 12 weeks of expert advice and support to pregnant women and partners who smoke. We also offer nicotine replacement therapy, including patches and gums.

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 [wellnewham.org.uk/advice/stop-smoking](https://wellnewham.org.uk/advice/stop-smoking)

