

Quit

vaping & smoking



FREE confidential support



FREE nicotine replacement products

Get in touch today

www.york.gov.uk/HealthTrainers



We support children to stop smoking and quit vaping by offering FREE:

- Weekly stop smoking or vaping support session - in person, online or on phone.
- 10 weeks FREE nicotine replacement products (12+).
- Advice and guidance about breaking your habit and nicotine addiction.
- Can also offer advice on healthy eating, lifestyle and getting active.

**Book your
FREE
appointment
today!**



Find out more

Email: healthtrainers@york.gov.uk

Call: 01904 553377 Text/WhatsApp: 07789 946384