



Kent Community Health
NHS Foundation Trust

READY TO GO
SMOKEFREE?
WE'RE HERE
TO HELP YOU.

ONE YOU KENT



**DID YOU KNOW
THAT MOST
SMOKERS WANT
TO QUIT?
IF YOU'RE ONE OF
THEM, WE CAN
HELP YOU.**

ONEYOU KENT

In Kent 60,000 people have quit with stop smoking support. You could be next!

Our friendly advisers are here to help and support you, every step of the way.

No lectures, ever.
Just straightforward, practical and **FREE** help and support. You can even get patches or gum on prescription.

Call **0300 123 1220**

Text **QUIT to 87023**

Twitter **@KentQuit**

Email **oneyou.kent@nhs.net**

Web **www.oneyoukent.org.uk**