

Live Life Better Derbyshire

Live Life
BETTER
DERBYSHIRE

Live Life Better Derbyshire is a free healthy lifestyles service that offers advice and help on a wide range of health and wellbeing topics, including stopping smoking.

I want to quit - what's next?

At Live Life Better Derbyshire we provide support, help and advice to help you make a successful quit attempt.

What we offer:

- Telephone support sessions
- One-to-one support
- Access to free Nicotine Replacement Therapy including patches, mouth spray, gum, inhalators and lozenges
- Access to stop smoking medications on prescription
- Advice on stop smoking medications
- Useful tools to help you quit

Who can take part?

To take part in our free stop smoking programme you must:

- Be over 12 years old and live in Derbyshire (excluding Derby)
- Want to stop smoking completely
- Be willing to meet with your stop smoking adviser at agreed dates and times

How do I join?

If you're interested in taking part in Live Life Better's stop smoking programme then you can refer yourself onto the programme directly using the online assessment at www.livelifebetterderbyshire.org.uk/self-assessment/self-assessment.aspx.

Or call **Live Life Better Derbyshire** on Freephone 0800 085 22 99

Did you know
you are...

4

times more likely
to quit smoking
with the help of
your local stop
smoking service?

This page is available to download at:
Derbyshire.gov.uk/smokefreeschoolgates

