

Campaign Social Media Posts

If you live in **Southampton**, you could get **FREE support** to quit smoking!

Contact **Southampton Smokefree Solutions** to start your quit journey today!



Southampton Smokefree Solutions

0800 999 1485

southamptonSmokefreeSolutions.co.uk

Are you ready to quit smoking?

Residents of Southampton can get **FREE** expert advice and support to quit smoking!

Start your journey 📍

📞 0800 999 1485

🌐 southamptonSmokefreeSolutions.co.uk



Quit smoking with expert support and a quit plan tailored to

You!



Southampton Smokefree Solutions

Everyone quits in their own way, and we'll make sure yours is right for you!

Find out how we can help you by getting in touch today!

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Do you know how much you could save by quitting smoking?

Start your quit journey today, and see the piggy bank fill up!



Southampton Smokefree Solutions

The average UK smoker could save up to £455 a month once they quit smoking.

Join our **FREE** 12-week Stop Smoking Programme and receive expert support every step of the way.

Start your journey 📍

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With our help, you're **three times** more likely to **quit smoking**



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Having that extra support can make a real difference when you try to quit smoking, and Southampton Smokefree Solutions is here to help!

Find out how we can help you!

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Quit Smoking On Your Time!

We offer **FREE** support over the phone, via video call and also face to face.



Southampton Smokefree Solutions

You access our help and support from anywhere across Southampton, with a flexible approach towards your check ins.

To find out more, get in touch today.

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“I quit smoking so I could spend more time with my son, and I couldn't be prouder of myself!”



Southampton Smokefree Solutions

We love to hear the real positive changes people make to their lives after quitting smoking, and you could be next!

Contact us today to begin your quit journey!

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