



From Public Health  
England

# This is your Stoptober

sign up  
today



You'll get loads of  
free, proven support  
to help you quit  
smoking for 28 days  
and beyond

So what are you waiting for?  
Simply search **Stoptober**

Get involved  /stoptober  @stoptober

# Stoptober

  
**SMOKEFREE**  
WILTSHIRE

**Wiltshire Council**  
Where everybody matters

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## Sign up and pick the free tools that suit you:



Face-to-face



Support pack



App



Email



Text

## Join the thousands of people who have already quit with Stoptober

It's 28 days that will change your life – if you can stop for 28 days, you're five times more likely to stay smoke free. And we're here to support you at every step of your quitting journey.

Sign up to the biggest stop smoking challenge of its kind, **search Stoptober**

### Did you know?

From 1st October 2015 it will be illegal to smoke in any vehicle with someone under 18 present. With one less place to smoke, there's one more reason to quit.

