



Quit 51 provide a free stop smoking service across Surrey for anyone aged 12 and over, who wants to stop smoking or wants to find out more. The service is based on the latest research and evidence and support is delivered by specially trained advisers who are registered with the National Centre for Smoking Cessation and Training (NCSCT).

Quit 51 offers a 12-week programme of friendly, non-judgmental and knowledgeable support. This support can either be one to one, in a group setting or by telephone.

Anyone can self-refer to the service, they can either contact:

- 1) the HUB on the freephone number 0800 622 6968 where an advisor will discuss the various support options and can book them in for whatever suits them best, either a group, or a one to one setting or telephone support.
- 2) Or by texting 'smokefree' to 66777 and an advisor will reply.
- 3) Or by emailing contact.quit51@nhs.net
- 4) Or by completing an online referral form by visiting <http://www.healthysurrey.org.uk/your-health/smoking/>

Alternatively, they could complete an online referral form by visiting <http://www.healthysurrey.org.uk/your-health/smoking/> or this can be undertaken on their behalf.

For more information on the service please follow the link <http://www.healthysurrey.org.uk/your-health/smoking/>