A pink text with rays of light

AI-generated content may be incorrect.

**No Smoking Day: 12 March 2025**

**A poster with text and images

AI-generated content may be incorrect.**

**Living Well wants to let smokers know that it’s never too late to quit and it’s the single best thing they can do to improve their health (and finances!). With the right support smokers really can quit for good and Living Well can help!**

The Living Well Stop Smoking Service offers free, confidential one to one support to help people stay motivated to quit. An expert advisor will create a 12 week personal quit plan designed specifically to work for each individual’s needs. To combat nicotine cravings they can prescribe Nicotine Replacement Therapy (NRT) and can also offer completely free 12 week vaping kits for those who use the service. Appointments can be over the phone or face to face.

The Living Well Stop Smoking Service has helped thousands of local people to stop smoking - make 2025 the year you quit for good.

To find help and advice to quit smoking contact the Living Well Stop Smoking Service today, call: 01274 437700 or email [stopsmokingservice@bradford.gov.uk](mailto:stopsmokingservice@bradford.gov.uk)

<https://mylivingwell.co.uk/smoking/support-to-quit/>